

# GoodFood

MIDDLE EAST

## MEALS ON WHEELS

Do diet delivery packages really work?

## Carluccio, the cook

We catch up with the godfather of Italian cuisine

## *Give your body a* HEALTH BOOST!

- \* Recipe resolutions for the New Year
- \* Top foods for fitness
- \* Fabulous fish suppers
- \* Healthy herbal teas



WEEKEND COOKING



DETOX DESTINATIONS

## WIN!

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& dinner with a celebrity





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# Welcome!



What's your New Year resolution this year? Is it to lose weight? Is it to eat healthier? Or is it simply to ensure the family sits down together for a meal at least once a day? I find it really interesting to note how most resolutions tend to focus on diet, fitness or wellness.

Keeping that in mind, we've got all you need to read for a healthy start to the year, in the following pages. For many people,

January is the month they sign up for that gym membership or exercise class, especially after all the festive excesses. If you're one of them, turn to p64 to learn what you should be eating to maximise the effects of your workout (*Eat to boost fitness*). If this is the month you decide to go on a diet, then a healthy meal delivery programme is an ideal solution. Calorie-counted, nutritious food, delivered to your door – what's not to love? The *BBC Good Food ME* team decided to bite the bullet and try out three such programmes – find out how they rate in *The Diet Diaries* on p66.

If you're thinking of taking more subtle steps to a healthier you, why not resolve to drink a cup of herbal tea every day? Read *Drink to your health!* on p70, you'll be amazed at some of the benefits they offer. Or, you could pick my favourite way to get a health boost – head to a destination spa for a detox break! Find four options around the world that are as luxurious as they are result-driven, in *Do a detox spa-cation!* on p80.

Plus, this issue is packed with plenty of inspiration for cooking healthier – from nutritious oily fish recipes (*Feel good fish suppers*, p30) to low-fat desserts that mean you never have to deprive your sweet tooth again (*Guilt-free indulgences*, p56).

I don't really get into making New Year resolutions anymore (after one too many that were broken!). All I plan to do this year is continue my ongoing efforts to eat better (and that doesn't mean just eating healthier, but making more wholesome, natural, and sustainable food choices), exercise a bit more often, and most of all, stay positive – nothing else is as important for wellbeing.

Here's wishing you a happy, healthy and blessed start to 2013!

*Sudeshna*

## Editor's picks



◆ I find few things as comforting as sitting down with a cup of tea. These vintage cups are perfect! p13.



◆ This Jose Galan olive oil is my new pantry must-have, p41.



◆ Celeb bolt-hole Chiva Som is one of my favourite destinations for a rejuvenating escape, p80.

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DUBAI



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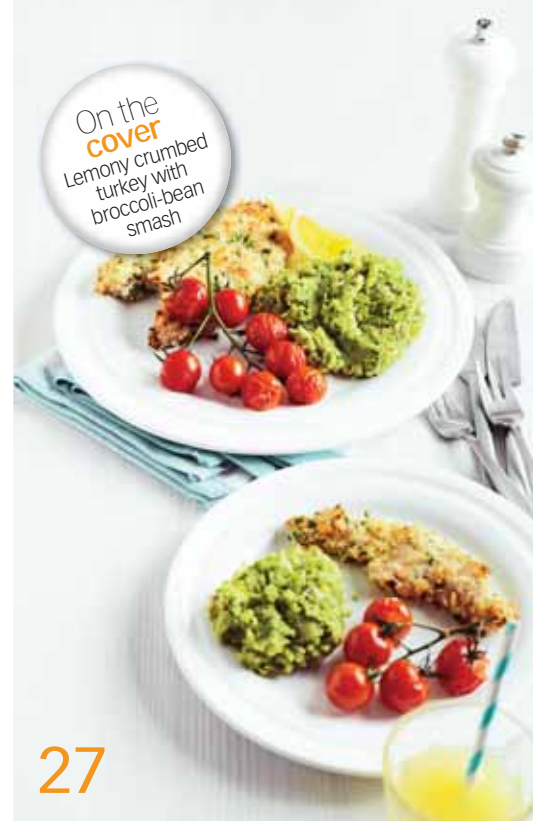
## COMPETITIONS

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**94** Gourmet Abu Dhabi tickets, gift hampers, and dining vouchers up for grabs.

**WIN!**

On the  
cover  
Lemony crumbed  
turkey with  
broccoli-bean  
smash



27

## Our recipe descriptions

- V** Suitable for vegetarians
- F** You can freeze it
- NF** Not suitable for freezing
- Easy** Simple recipes even beginners can make
- A little effort** These require a bit more skill and confidence – such as making pastry
- More of a challenge** Recipes aimed at experienced cooks
- Low fat** 12g or less per portion
- Low cal** 500 calories or less per main.
- Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids
- 1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving
- Vit C** **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

**P** contains pork

**A** contains alcohol



# Your say

We love to hear from you!



## FESTIVE SPREAD

As soon as I saw the December issue of *BBC Good Food ME* magazine, I knew I had to pick up a copy. The pages in this issue are brimming with all things festive, including delicious cakes and

a feast to serve family and friends (*The Big Day*, December 2012). The gift guide was a colourful spread filled with all sorts of ideas – I know exactly what I'm going to get for everyone this year! Apart from these, I particularly liked the *Food Safari* feature on Greek cuisine.

Maysoon Khrais

## PART OF THE FOODIE FAMILY

I thoroughly enjoy your magazine and all the benefits that being a BBC Food Club member has to offer. I love reading about all the food-related activities and trends happening in the region and checking out the wonderful recipes that inspire the cook in all of us. Along with all this, there are also Masterclasses to attend, contests to win and discounts to get – brilliant! Thanks for all the hard work that goes into each issue.

Annette Duke



## 'TIS THE SEASON!

Since I celebrate Christmas and eagerly wait for the month to roll by every year – it always seems

## TALK TO US!

Email us on [feedback@bbcgoodfoodme.com](mailto:feedback@bbcgoodfoodme.com) with your thoughts, views and comments.



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Or, you could write to us at:  
**The Editor**  
BBC Good Food Middle East.  
Dubai Media City, Building 4, Office G08  
PO Box 13700, Dubai, UAE.

## Star Letter

### SHARING THE LOVE!

One fine morning, right after shopping at Spinneys in Jumeirah, what caught my eye, was two smiling snowmen on the cover page of your magazine.

This awakened the 'blessed are those who share happiness' mantra in me and I found myself leaving the store with your magazine, smiling perhaps more than those snowmen. Every year at Christmas, I meet my Christian friends and share their joy and festivities. I believe sharing happiness just makes it double! Unlike every year, this year is special as it marks our fifth year of knowing each other and being the best of friends. I wanted to make it special for them, and all I could think of was to bake them a cake that would reflect my love through its fine sugary touches. The cake recipes (*Let it snow*, December 2012) was indeed a blessing! Those snowmen were my inspiration

and I knew instantly I had to bake a cake that stands out in its perfection! I began with a trial session that my family loved – they test all my trial recipes. The sultanas, dried apricots, flaked almonds and citrus flavour made what I think is the best Christmas cake ever! It's a cake that you can make from scratch and turns out absolutely scrumptious. My next cake will be baked for Christmas Eve and this time, I'm going to try making the snowman friends. After all, it is their smiling expressions that got me inspired to share happiness through my own baking. Sending you two hearts to thank you for the two smiley snowmen!

Sahar Shabbir



Win!

The writer of the Star Letter wins a fabulous **Dankotuwa dinner set from Jashanmal**, worth **Dhs 1,690!** One of the

world's finest porcelain brands, it is not only elegant, but also has very high whiteness, translucency, and resistance to chipping and scratching making it the ultimate accessory for stylish entertaining.



to come by more quickly than I anticipate! Your feature on table setting (*Deck the table*, December 2012) has inspired me to get out of my comfort zone this season and set the table in a more modern fashion. I thought the outdoor table setting was gorgeous, and



would definitely recreate it if I lived closer to the beach. I also enjoyed reading all the party planning advice (*Your party-planning timeline*, December 2012) as I am the kind of person that leaves things to the last minute and then panics – but not this year! Thanks *BBC Good Food ME*, for the lovely issue and look forward to the next one.

Katrina John

## We asked you...

### Facebook poll

**What is your healthy eating New Year resolution for 2013?**

**45%** Grilling and steaming foods more  
**38%** Eating more fruit and vegetables  
**17%** Cooking at home more often





## THE FRENCH TEA TIME - 'FRANCE MEETS ENGLAND'



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# Foodie file

What's hot and happening in the culinary world, here and around the globe.



## DINE IN THE CITY

✦ Tucked away in the new Ocean View Hotel on The Walk, JBR, the recently opened lounge bar Girders, is the perfect place to indulge in all things Gaelic – from food to football – in a chic industrial setting. It also boasts a 103-inch screen TV, a cosy fireplace and an authentic British menu. Call 04-8145200.

✦ Platters of oysters and fresh seafood is what popular British establishment – and second oldest restaurant in London – Scott's is renowned for. Now you can get a taste of it at their new outpost in Jumeirah at Etihad Towers, Abu Dhabi. Combined with a marina and sea views (there's also a landing jetty for those who want to arrive in style!), this is posh dining at its best. Call 02-8115666.



## Fashionable aqua

In the latest of Evian's annual designer collaborations, the 2013 limited edition DVF bottle has been designed by one of the most powerful women in the fashion world, Diane von Furstenberg. With the design incorporating Diane's mantra "Water is Life is Love is Life is Water is..." in her handwriting and the popular DVF heart logo in red, and a new screw cap, the bottle is made from 100 per cent recyclable packaging. Drinking water was never so stylish!



## CELEBRITY CHEF ALERT!

Heading to this year's Gourmet Abu Dhabi – taking place from February 5 to 20 – to share her skills is Irish celebrity chef, television personality and cookbook author, Rachel Allen. Catch her at the Culinary creation stage at Westin Abu Dhabi Golf Resort and Spa on Saturday February 9, or try out some of her specialties at the celebrity dinner on February 10 (turn to p94 to find out how you can win a free ticket to this!), to be held in Fairmont Bab Al Bahr. A special demonstration class is also scheduled for February 11, where you can cook and dine with Rachel. She will be joined by other culinary stars such as three-Michelin-starred chef Pascal Barbot and Japanese celebrity chef Shinichiro Takagi, in this star-studded annual event. [www.gourmetabudhabi.ae](http://www.gourmetabudhabi.ae).

## SAVE THE DATE!

A variety of cuisines, dishes and skilled chefs all in one venue – Dubai's biggest annual foodie festival, Taste of Dubai, is back for its sixth consecutive year. Make sure to block the dates of March 14-16 as you don't want to miss out on this three-day extravaganza that brings together the best of the city's culinary offerings.





## COME DINE – AND TRAVEL – WITH ME!

We're very excited to announce the launch of Culinary Journeys with *BBC Good Food ME* and *The World at Her Feet*. In a first for any magazine in the region, we are giving our readers an exclusive opportunity to travel to some of the world's most exciting culinary destinations along with a group of other foodies – and us, of course! – to cook, eat and explore. We will travel to a series of destinations throughout the year, the first of them being magical Marrakesh in March. Participants will be staying at a luxurious palazzo, learning about Moroccan cuisine at cooking classes, and discovering the region with shopping and sightseeing trips. All this is offered at a special, discounted price just for *BBC Good Food ME* readers. Love food and travel? You don't want to miss this! Log on to [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com) or email [feedback@bbcgoodfoodme.com](mailto:feedback@bbcgoodfoodme.com) for details (offer opens on January 7).



## This just in:

**With its sleek, minimalist design – complete with a 360-degree rotating base – this heavy-duty Panasonic kettle, will add a dollop of glam to just about any kitchen counter.**

## Discounted dining offers

Why pay full price when you can get more for less? Well-loved UAE discount voucher book, *The Entertainer*, has launched its 2013 books, which include Dubai and Abu Dhabi editions, as well as a separate Fine Dining book – expect major discounts and two-for-one dining offers at some of the finest hotels. That's not all, foodies living in Abu Dhabi can now also sign up and avail dining promotions from Roundmenu, the discount dining promotion website and app ([roundmenu.com](http://roundmenu.com)), which has just launched in the capital.

## BECOME A BAKING GODDESS!

Want to learn how to bake like a pro? Sign up for the Lurpak Baking Studio competition in which you can win a four-hour cake baking and decoration course with certified instructors from leading cake decoration company Wilton. The courses will take place at the Top Chef cooking studio from January 26 to 31, and there are 100 spots to be won.

The competition closes on January 15, so hurry up and register on [www.lurpakingstudio.com](http://www.lurpakingstudio.com).

“Good bread is the most fundamentally satisfying of all foods; good bread with fresh butter, the greatest of feasts!”

- James Beard, American chef and food writer.

## A New Year wish

Stick to your New Year fitness resolutions this year, by signing up to [noviplus.ae](http://noviplus.ae), a one-stop online destination that offers savings on over 60 health and fitness brands, nutritional advice, fitness tips and more. Members get exclusive offers including discounts at spas, fitness centres, wellness clinics, diet delivery programmes and organic food stores. Choose from one- to 12-month membership packages, prices start from Dhs49 per person. Visit [noviplus.ae](http://noviplus.ae) for more info.





## FRIDAY BRUNCH ON THE 24<sup>TH</sup> FLOOR

Dusit Thani Dubai's Friday Brunch has long been a favourite with Dubai residents. Taking over the hotel's entire 24th Floor and combining three of the hotel's restaurants, namely Benjarong, PAX, and The Californian, the Friday Brunch features an extravagant feast of delicacies from different parts of the world, as well as authentic Thai favourites.

Combined with Dusit's Thai hospitality, Thai dance, soulful tunes from the hotel's resident pianist, and undisturbed views of Dubai's skyline, each guest is assured to have a memorable experience. Dusit Thani Dubai's Friday Brunch is a tradition that cannot be missed!

170 AED per person food only  
195 AED per person inclusive of soft drinks and chilled juices  
235 AED per person inclusive of house wine and house beer  
285 AED per person inclusive of sparkling wine and house spirits  
495 AED per person inclusive of champagne

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**Dusit Thani**  
DUBAI

# Aisle file

Gorgeous gourmet buys, kitchen gear, foodie accessories, home décor and more.



Add a vintage touch to your dining table with this English rose plate collection. From Dhs26 per piece, at **2XL FURNITURE**.

These Neoflam knives will brighten up any kitchen and make chopping a breeze. Dhs283, at **CITRUSTV**.



This Sweet treat cupcake decorating party set – which includes invitations, semi-disposable aprons, plastic piping bags, cupcake cases and a recipe card – is your one-stop solution for planning a party for your little girl. In fact, it's pretty enough to make us want to gather our girlfriends and give it a go ourselves! Dhs179, at **LAKELAND**.



Hosting a party? This Macbeth collection party tub oversized ice bucket is a must! Dhs400, at **BLOOMINGDALE'S HOME**.

This Union Jack mug set makes an ideal gift – especially for those who love their cuppa! Dhs450, for a set of four, at **ANDREW MARTIN**.



Serve up freshly baked scones and tea cakes on this gorgeous New country rose pink vintage tray for some serious domestic goddess credentials. Dhs475, at **JASHANMAL**.



We love this Chanel no. 5-inspired Wink pepper mill will give any dinner table a fashionable look. Dhs69, at **VIRGIN MEGASTORES**.

If you are a chocoholic, you'll love these French chocolate truffles covered in pecans, hazelnuts or pistachios. They also make a great hostess gift – if you can resist keeping them all for yourself! From Dhs20, at **CANDELITE**.







# Here to help

Our expert chef Andy Campbell offers practical advice to tackle all your cooking dilemmas.



**Q** Cooked shrimp can sometimes be hard to shell. Do you have any tips on how to peel them easily?

**A.** Once the shrimps have been cooked, cool them in an iced water bath, and then drain and peel immediately – the shell peels off with hardly any effort. You could also peel when the prawns are still warm, dipping your fingers into an iced water bath to relieve the heat.



**Q** I recently tried fried zucchini flower stuffed with cheese and loved the dish, but would prefer a healthier version. Could I grill or steam them instead of frying?

**A.** I have recently gone back to steaming at home for both flavour and nutritional value – the taste is worth the effort. You can definitely steam zucchini flowers, simply add lemongrass to the steaming water for a fragrant lemon-scented zucchini flower. The flowers can also be blanched in boiling salted water and refreshed in ice water. Always remember to dry on a kitchen paper before stuffing. After they have been stuffed, steam for a few minutes to make them warm.

**Q** I've heard olive oil isn't the best option for frying and grilling – what alternatives can you suggest?

**A.** For both these methods, you need an oil that has a low flash point (when the oil doesn't smoke or burn). Many think olive oil is the best option to cook with, but it is not. I would suggest using peanut oil for frying – to get a crispy texture and nutty flavour. When grilling, use a light corn or sunflower oil as it is quite neutral, and the taste of the oil does not dominate the ingredients cooked in it. Coconut oil is a good alternative to butter and vegetable oil – you can use it for frying, baking and sautéing – but be aware of its strong scent.

**Q** I don't have a blowtorch at home, could you please tell me how I can get the crusty topping on crème brulee, without one?

**A.** Crème brulee may seem difficult for home chefs, but it isn't, once you get over your apprehensions – and it will impress dinner party guests like nothing else! The original way of making a sugary crust was with a hot round iron. You can improvise by using a salamander or oven grill (the one on the top). Melt the caster sugar on top, with the grill, while constantly turning the crème brulee ramekin, using oven mitts.



**Q** I'm attempting to make sushi at home after taking a class. How do I check if fish – especially tuna and salmon – is sushi grade?

**A.** It should be firm and not sticky to touch, glossy and not dull looking. When the light kisses the fish it should be almost opaque, bright and vibrant in colour. Always use a reputable supplier, try and find out what day it arrives in town, and don't expect it to be cheap!

**Q** What is the difference between white and red onions, and what is each suitable for?

**A.** I prefer using the pungent red onions for curries and cooked dishes, as they are aromatic and give food a spicy flavour, whereas white onions are great for soups and salads, as they are soft and mellow in taste.



## Andy's ingredient of the month

Around this time of the year I like using fresh herbs such as rosemary and thyme, especially in slow-cooked dishes. Chop the herbs up and add to grilled meats on the barbecue, or throw on an open fire, to let them release a scent and give the meat a slightly herbaceous taste.

Got a cooking question you need answered? Write in to us at [feedback@bbcgoodfoodme.com](mailto:feedback@bbcgoodfoodme.com). To find out more about Chef Andy, visit [chefandycampbell.com](http://chefandycampbell.com).





# MAZINA

GENERATION CREATION AT

*Mazina* SATURDAY FAMILY BRUNCH

*Fathers* and kids are given the opportunity to show how much they care at Mazina's Generation Creation Saturday family brunch this January. Work as a team and compete with other families in a seasonal challenge to create the ultimate Valentine's Day floral bouquet. Fun for all is guaranteed, along with delicious international cuisine and plenty of entertainment for the little ones.

Book your table, sign up for the activity and let your creativity blossom.

Date: 19th January 2013

Time: 12.30 pm to 3.30 pm

Price: AED 220 including soft drinks

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WHERE *life* HAPPENS

# Tried & tasted

Each month, we review two of the city's top tables.

## Vietnamese



**Where:** Voi, Jumeirah Zabeel Saray

**What's it like:** Ever since I discovered how vibrantly delicious, light and fresh Vietnamese food is, in a little hole in the wall restaurant on the Gold Coast in Australia, I have been on the hunt for good Vietnamese in Dubai. I can safely say that search has ended at Voi. The lavish colonial-inspired décor – think high ceilings with glittering chandeliers, rich yet understated furnishings, and a monochromatic colour scheme – may be a far cry from that family-run kitchen, but the food was equally, if not more, delicious.

Opting to sit at the outdoor terrace, I ordered the steamed Imperial Hue guinea fowl dumpling for starters, while my partner chose the French-inspired crepes stuffed with chicken, chanterelles and beansprouts. The glistening, translucent parcels that were my dumplings – with three accompanying sauces complementing them perfectly – did a delicate little dance of flavours in my mouth. My partner's crepes were a collision of textures and flavours, with a tangy sauce we couldn't get enough of. We couldn't not have some 'Phò' (soup) in a Vietnamese restaurant, so chose the Pot Au Phò, a fragrant, warming broth with tender beef cheeks, bone marrow and rice noodles. The starter portions are generous, so we couldn't do proper justice either to my steamed Pacific cod with vanilla (which is cooked in a banana leaf) served with baby pok choy and seafood rice, or the grilled Black Feet chicken my partner ordered. We couldn't resist dessert, however. My partner's Valhrona Variation, a platter of chocolate fondant, cocoa sorbet and a chocolate-orange cream (think Jaffa cakes with a luxe twist!), was miraculously polished off in minutes. I chose the flambéed banana with honey ice cream – a delightful combination of textures, temperatures and taste.

**Best for:**  
Glamorous,  
gourmet  
date night

**If you want to go:** Approx. price for dinner for two is Dhs650, without drinks. Call 04-4530000.

- Sudeshna Ghosh



**Where:** Hoi an, Shangri-La Dubai

**What it's like:** Picture this – wooden furnishings, dim lighting, pink lotus lamps and oriental-style wooden ceiling fans, all topped off with a hint of lemongrass aroma. These are the first things you notice when you arrive at this award-winning restaurant. With simple but elegant décor, knowledgeable staff and an extensive menu that leaves you second-guessing your options every time a waiter walks by with aromatic sizzling platters, Hoi An has everything from seafood, meats and chicken, to a large selection of healthy vegetarian dishes, on offer.

My partner and I began with a recommendation from the staff, which was also indicated by a picture on the menu – a touch I thought would be of great help to novices of Vietnamese cuisine – and chose to share a platter of deep-fried crispy spring rolls stuffed with shrimp and shiitake mushrooms, and served with rice noodles, coriander and Thai basil. Presentation-wise, the dish was enticing as I had to prepare the appetiser myself – wrapping the spring rolls in lettuce before dipping into a sweet and sour sauce. The rolls were light and crispy. Being an avid lover of crab meat, I chose the mud crab for mains, which was doused in sweet Thai basil and black pepper sauce, and topped with herbs and roe. The staff recommended a side of mixed fried rice wrapped in lotus leaf – which was sticky but had a bit of crunch, and tasted divine. My partner chose the sizzling tiger prawns with dill, onions and lemongrass. The prawns were tender while the herbs gave the dish a subtle aroma, allowing the sauce to shine through. For dessert, we shared a chocolate fondant with raspberry sorbet – the fondant was warm and decadent, while the tangy sorbet offset the sweetness of the chocolate perfectly!

**Best for:**  
A relaxed  
evening out

**If you want to go:** Around Dhs500 for two, without drinks. Call 04-4052703.

- Nicola Monteath





Media  
**Rotana**  
Dubai

## Friday Brunch at Media Rotana!

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# Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.



## ✴ Lunch date

Give your business lunch a more relaxed vibe by dining at Le Deck, Monte-Carlo Beach Club, Saadiyat Island Abu Dhabi. Choose from a two- or three-course menu with a selection of vegetarian, seafood and meat options under each, and relish some of Monte-Carlo's most popular dishes including the butternut pumpkin and spinach salad, cuttle fish ceviche taco, Tuna tataki and their signature ice cream burger made with raspberry chocolate and vanilla ice cream.

*Available daily, from Dhs140 per head.*

*Call 02-6563500.*



## ✴ Sharing is fun!

Sample a range of hearty German specialties served tapas-style, from a special menu, with friends at The Terrace at Park Hyatt Dubai. Relish Mache salad with bacon and onions, baked camembert cheese with cranberries, currywurst, schnitzels and crusty breads with liver pate, ending the meal with a traditional sweet baked pancake stuffed with quark and raisins.

*Available from January 6 to 24. Call 04-3172222.*

## ✴ A chocoholic afternoon tea

Indulge in the quintessential British tradition, but with a chocolatey twist, at Kambaa, the elegant lobby lounge in Address Dubai Marina. Forget about regular scones to complement your tea, and indulge in chocolate scones with chocolate spread butter and Devonshire cream, as well as delicious pastries such as chocolate crunchy tart, Belgian chocolate marquise, chocolate profiteroles, and cappuccino chocolate mousse, from the lavish buffet.

*Available on Friday and Saturday, Dhs110 per head. Call 04-4367777.*

## ✴ A taste of Down Under

Celebrate Australia's National Day at P.J. O'Reilly's, Le Royal Méridien Abu Dhabi, at an all-day event that brings together food, music and entertainment for adults and kids. Feast on burgers, barramundi fish and a whole lamb on spit, as well as pies and salads, while children treat themselves to homemade tim tams and a chocolate fondue fountain, before taking part in the sack race and striking a pose at the photo booth. Weekend stays and restaurant vouchers are up for grabs, as part of the entry ticket raffle draw.

*Available on January 25, from Dhs150 per head Dhs50 for children. Call 02-6742020.*



Alfie's, Jumeirah Emirates Towers

## ✴ Comfort food

Beat the winter chills at the Pie and Pint night at Alfie's, Jumeirah Emirates Towers, by tucking into traditional English food – think warm spinach and goat's cheese, or leek and wild mushroom pie, paired with a refreshing pint.

*Available daily, from Dhs99 per head.*

*Call 04-3198088.*

## ✴ Authentic Italian fare

With its poolside setting, Luciano's at Habtoor Grand Beach Resort and Spa is ideal for a lazy Saturday afternoon alfresco brunch. Treat your senses to the traditional offerings –beginning with antipasti (roasted vegetables, carpaccio, fried calamari, cold cuts and fresh salads), then move on to creamy, cheesy pastas and risottos, succulent veal marinated in herbs and doused in sauce, stuffed meats and chicken, and a variety of seafood dishes including herbed fish fillets. Sweeten your meal with a trip to the gelato stand, or try a selection of cheese including fresh burrata and brie, and wash it down with Italian beverages, with traditional music adding to the atmosphere. The resident pea hen will keep kids entertained!

*Available on Saturdays, from Dhs159 per head, half price for children. Call 04-4084257.*



### \* New menu, new flavours

Executive chef Steven Vanduyn's new contemporary European grill menu at Rare, Desert Palm Dubai, boasts a variety of exciting dishes that will suit all taste buds, from salmon tartare with white balsamic jelly, to corn fed chicken breast sous vide, foie gras ice cream and Burrata fromaggio al turtufo – a burrata dish with cherry tomato confit, rocket leaves, sherry vinegar syrup and crisp bread (shown here). Sounds delish!

Available daily. Call 04-3238888.



### \* Irish indulgence

Head to The Dubliners at Le Meridien Dubai to try out an Irish brunch with specialties including a cold appetiser buffet and à la carte options for mains such as quiche, Irish meat stew, and chicken and mushroom pie. Wash it down with a refreshing beverage of your choice – in true Irish style!

Available on Friday, Dhs69 per head and Dhs49 per child. Call 04-7022455.

### \* Brunch, Thai-style

If you love the aromas and flavours of Thai cuisine, check out the brunch at Eastern Mangroves Hotel and Spa's signature restaurant, Pachaylen, that serves a variety of spicy salads, Thai curries and seafood, all paired with a glass of wine recommended by the sommelier.

Available on Friday, from Dhs250 per head. Call 02-6561000.

### \* BBQ delight!

Grill your own meats and seafood – or have a chef do it for you – on a table with an inbuilt BBQ at Legends at the Dubai Creek Golf and Yacht Club. With a selection of lamb chops, chicken, fresh sea bass and delicious organic salmon on offer, everyone will want to have a go! Eat these succulent grills with tasty sides such as garlic herb mashed potatoes, gratin dauphinoise and rosemary roasted or baked potatoes.

Available daily for dinner, for Dhs155 per head. Call 04-2956000.



### \* Seasonal flavours

At.mosphere at Burj Khalifa has launched a seasonal menu with both à la carte and seven-course tasting options, which include delicacies like langoustine raviolo with sautéed sweet breads, carrot emulsion and peppered mango salsa; Arabian lamb rack with cauliflower cous cous; and desserts such as slow cooked foie gras with pear sorbet.

Available daily, Tasting menu is Dhs770 per head. Call 04-8883444.

### \* Carnivore central

Meat lovers are in for a treat at the veal promotion at the award-winning Western Steakhouse, Crowne plaza hotel. Choose from a selection of four veal dishes and have them either grilled, roasted or braised.

Available from January 7 to 20, Dhs89 per head. Call 04-3311111.







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UNITED ARAB EMIRATES





# You are invited!

The countdown has begun to the third annual **BBC Good Food ME awards**, and we'd love for you to join us at the exclusive jazz-themed gala awards night. It will be a glamorous evening of fun, food and swing era-style revelry, celebrating the best restaurants, and food brands in the UAE.

When: **January 30, 2013**  
Where: **Ritz Carlton DIFC**

## To book your spot

Tickets cost:

- \* US\$150 per seat (individual booking)
- \* US\$100 per person for Food Club\* members
- \* US\$1,000 for every table of 10
- \* US\$1,800 – VIP table of 10 (limited tables available)

The event includes welcome drinks and canapés, a gourmet three-course dinner, accompanied by entertainment from a world class jazz band, and of course, the chance to be the first to find out who the winners are!

For VIP table bookings, contact Marizel@cpidubai.com.

Payment can be made via credit card (online), company cheque or cash (direct payment thru CPI's NBD account)

### \*ARE YOU A FOOD CLUB MEMBER?

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# WHO WILL BE... THE NEXT BBC Good Food Middle East Chef of the year?

It's one of the four popular chefs below! The following chefs have been voted the finalists after two rounds of rigorous voting from the public. Now, they will battle it out for the coveted title in a thrilling Mystery box cook-off to be held on January 9. They will need to showcase their talent and creativity by cooking up a two-course meal (a main and dessert) using ingredients from the 'black box'. Our esteemed panel of judges will choose the winner from the final four, whose name will be revealed at the awards night on January 30. We can't wait to find out who wins!

## MEET THE CHEF OF THE YEAR FINALISTS



**Reif Bin Othman,**  
**Executive Head Chef**  
**Zuma,**  
DIFC



**Nick Alvis,**  
**Head Chef**  
**Table 9,**  
Hilton Dubai Deira Creek



**Juan Gonzales Fernandez,**  
**Chef de cuisine**  
**Villa Beach,**  
Jumeirah Beach Hotel



**Cyril Bonnard**  
**Chef de cuisine**  
**Stay by Yannick Allèno,**  
One & Only The Palm

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\*The judging criteria will include innovation, technique, taste and presentation. Judges' decision is final.

# 2012 BBC GOOD FOOD ME AWARDS FINALISTS

## RESTAURANTS - FINE DINING

### DUBAI

- \* Roberto's - DIFC
- \* Alfie's - Jumeirah Emirates Towers
- \* The Farm - Al Barari
- \* Titanic by Marco Pierre White - Melia Dubai

### BEST NEW RESTAURANT

### ABU DHABI

- \* Beach House - Park Hyatt Abu Dhabi
- \* Fairways International Restaurant - Westin Abu Dhabi Golf Resort & Spa
- \* Le Deck - Monte-Carlo Beach Club
- \* 55th & 5th - The St. Regis Saadiyat Island Resort

### DUBAI

- \* Table 9 by Nick and Scott - Hilton Dubai Creek
- \* OKKU - The H Hotel
- \* Zuma - DIFC
- \* La Petite Maison - DIFC

### RESTAURANT OF THE YEAR

### ABU DHABI

- \* Agadir Westin Abu Dhabi Golf Resort & Spa
- \* Hakkasan - Emirates Palace Abu Dhabi
- \* Bord Eau - Shangri-La Hotel Qaryat Al Beri
- \* Finz - Beach Rotana Abu Dhabi

### BEST EUROPEAN

- \* Traiteur - Park Hyatt Dubai
- \* Villa Beach - Jumeirah Beach Hotel
- \* Reflets Par Pierre Gagnaire - InterContinental Dubai Festival City
- \* Le Classique - Emirates Golf Club

### BEST ASIAN

- \* Zuma - DIFC
- \* Hukama - The Address Downtown Dubai
- \* Pai Thai - Al Qasr hotel, Madinat Jumeirah
- \* Hakkasan - Emirates Palace, Abu Dhabi

### BEST MODERN BRITISH

- \* Table 9 by Nick and Scott - Hilton Dubai Creek
- \* Rivington Grill - Souk al Bahar
- \* The Ivy - Jumeirah Emirates Towers, Dubai
- \* Rhodes Twenty10 - Le Royal Meridien Dubai Beach Resort & Spa

### BEST LATIN AMERICAN

- \* Pachanga - Hilton Dubai Jumeirah
- \* Asado - The Palace The Old Town
- \* La Parilla - Jumeirah Beach Hotel
- \* Gaucho - DIFC

### BEST INDIAN

- \* Chor Bazaar - Movenpick Hotel Ibn Batutta Gate
- \* Amala - Jumeirah Zabeel Saray
- \* Options By Sanjeev Kapoor - Convention Tower DWTC
- \* Asha's - Wafi

### BEST MIDDLE EASTERN

- \* Al Hadheerah - Bab Al Shams Desert Resort & Spa
- \* Ewaan - The Palace Downtown
- \* Al Nafoorah - Jumeirah Zabeel Saray
- \* Marrakech - Shangri-La Hotel Dubai

### BEST STEAKHOUSE

- \* Ruth's Chris Steak House - The H Hotel
- \* JW's Steakhouse - JW Marriott Dubai
- \* 55th & 5th - St Regis Saadiyat Island Resort
- \* MJ's - Al Qasr Hotel, Madinat Jumeirah

### BEST BRUNCH

- \* Jazz & Bubbles Friday Brunch at Talk - Movenpick Hotel Jumeirah Beach, Dubai
- \* Traiteur - Park Hyatt Dubai
- \* Al Qasr brunch - Al Qasr, Madinat Jumeirah Dubai
- \* Bubbalicious - Westin Mina Seyahi Beach Resort & Marina

### BEST ITALIAN

- \* Bice - Hilton Dubai Jumeirah
- \* Ronda Locatelli - Atlantis, The Palm
- \* Certo - Radisson Blu Dubai Media City
- \* Medzo - Wafi

## RESTAURANTS - CASUAL DINING

### BEST INTERNATIONAL

- \* Jamie's Italian - Dubai Festival City
- \* Butcher Shop and Grill - Dubai
- \* Aprons and Hammers - Dubai International Marine Club
- \* Chili's - UAE

### BEST ASIAN

- \* PF CHANG'S - UAE
- \* Lemongrass - UAE
- \* Noodle House - UAE
- \* Yum - Radisson Blu Hotel, Dubai Deira Creek

### BEST INDIAN

- \* Bombay - Marco Polo Hotel Deira
- \* Zafran - Dubai
- \* Gazebo - Dubai
- \* Kamat - Dubai

### BEST MIDDLE EASTERN

- \* Zataar W Zeit - Dubai
- \* Mezza House - Downtown Dubai

- \* Reem al Bawadi - Dubai
- \* Burj Al Hamam - Dubai

### BEST CAFÉ

- \* Paul Café - Dubai
- \* The Lime Tree Café & Kitchen - Dubai

- \* Jones the Grocer - Dubai
- \* More Café - Dubai

## HOME COOKING - INGREDIENTS

### FAVOURITE SUPERMARKET

- \* Carrefour
- \* Spinneys
- \* Lulu Hypermarket
- \* Waitrose
- \* Park 'n Shop

### FAVOURITE SPECIALITY FOOD STORE

- \* Ripe Farmers Market
- \* Organic Foods and Cafe
- \* Glutenfreesupermarket.ae
- \* Marks & Spencer
- \* Milk and Honey

### FAVOURITE DAIRY BRAND

- \* Al Rawabi
- \* Al Ain
- \* Almarai
- \* Lurpak
- \* Nestle

### FAVOURITE STORE CUPBOARD BRAND

- \* Knorr
- \* Heinz
- \* Maggi
- \* John West
- \* Sacla

### FAVOURITE OLIVE OIL BRAND

- \* Bertolli
- \* Rafael Salgado
- \* Figaro
- \* Rahma
- \* Borges

### FAVOURITE TEA BRAND

- \* Twinings
- \* Lipton
- \* TWG
- \* Red Label
- \* Alokozay

### FAVOURITE COFFEE BRAND

- \* Nescafe
- \* Coffee Planet
- \* Ali café
- \* Davidoff
- \* Continental

### FAVOURITE JUICE BRAND

- \* Barakat
- \* Florida's Natural
- \* Lacnor
- \* Masafi
- \* Del Monte

## HOME COOKING - ACCESSORIES

### FAVOURITE LARGE KITCHEN APPLIANCE BRAND

- \* Samsung
- \* LG
- \* Miele
- \* Indesit
- \* Teka

### FAVOURITE SMALL KITCHEN APPLIANCE BRAND

- \* Kenwood
- \* Phillips
- \* Bosch
- \* Panasonic
- \* Culin'Or

### FAVOURITE TABLEWARE STORE

- \* Tavola
- \* Lakeland
- \* Crate & Barrel
- \* Ikea
- \* Home Centre



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# Home Cooking

Inspiring recipes for easy everyday meals and stylish weekend entertaining

## IN THIS SECTION



\* Healthy suppers to start the new year on the right note, P26



\* Tasty ways with nutritious oily fish, P30



\* Indulge your sweet tooth without piling on calories, P56

Curried squash, lentil & coconut soup, recipe p51





## Chicken with mustard lentils

SERVES 4 • PREP 15 MINS •

COOK 1 HR 15 MINS **Easy** **Fibre** **Iron**

**1** tbsp vegetable oil  
**4** chicken thighs and 4 chicken drumsticks  
**1** red onion, thinly sliced  
**2** garlic cloves, crushed  
**250g** Puy lentils  
**750ml** hot chicken stock  
**2** tbsp crème fraîche  
**Zest and juice 1** lemon  
**1** tbsp Dijon mustard  
**Small bunch** parsley, and chopped green veg, to serve (optional)

**1** Heat the oil in a large flameproof casserole. Season the chicken pieces, then brown in the hot oil for 3 mins each side, until golden on all sides. Remove and set aside. Pour away all but 1 tbsp oil.

**2** Add the onion to the pan and cook for 5 mins, then add the garlic and cook for 1 min more. Add the lentils and stock and stir well. Put the chicken on top, put the lid on and leave to simmer over a medium heat for 30 mins.

Remove the lid and increase the heat. Bubble for another 20 mins until the lentils are tender, most of the stock has been absorbed, and the chicken is cooked through.

**3** Stir in the crème fraîche, lemon zest and juice, mustard, parsley and seasoning. Serve with green veg, if you like.

PER SERVING 538 kcals, protein 49g, carbs 32g, fat 24g, sat fat 7g, fibre 7g, sugar 3g, salt 1.0g

# Make it tonight

Five new recipe resolutions to help you and your family eat better in the coming year. Recipes CASSIE BEST Photographs JONATHAN KENNEDY





### Cheese & onion rarebit-topped pollack with potato wedges

SERVES 4 • PREP 20 MINS •

COOK 40 MINS **Easy**

- 3 medium potatoes, cut into wedges
- 1 tbsp olive oil
- 3 thyme sprigs, leaves picked and chopped
- 50g mature cheddar, grated
- 100g cream cheese
- 2 tbsp fresh breadcrumbs
- 1 tbsp Dijon mustard
- 4 pollack fillets (about 175g each), or any other sustainable white fish
- 2 tbsp onion chutney
- Salad, to serve (optional)

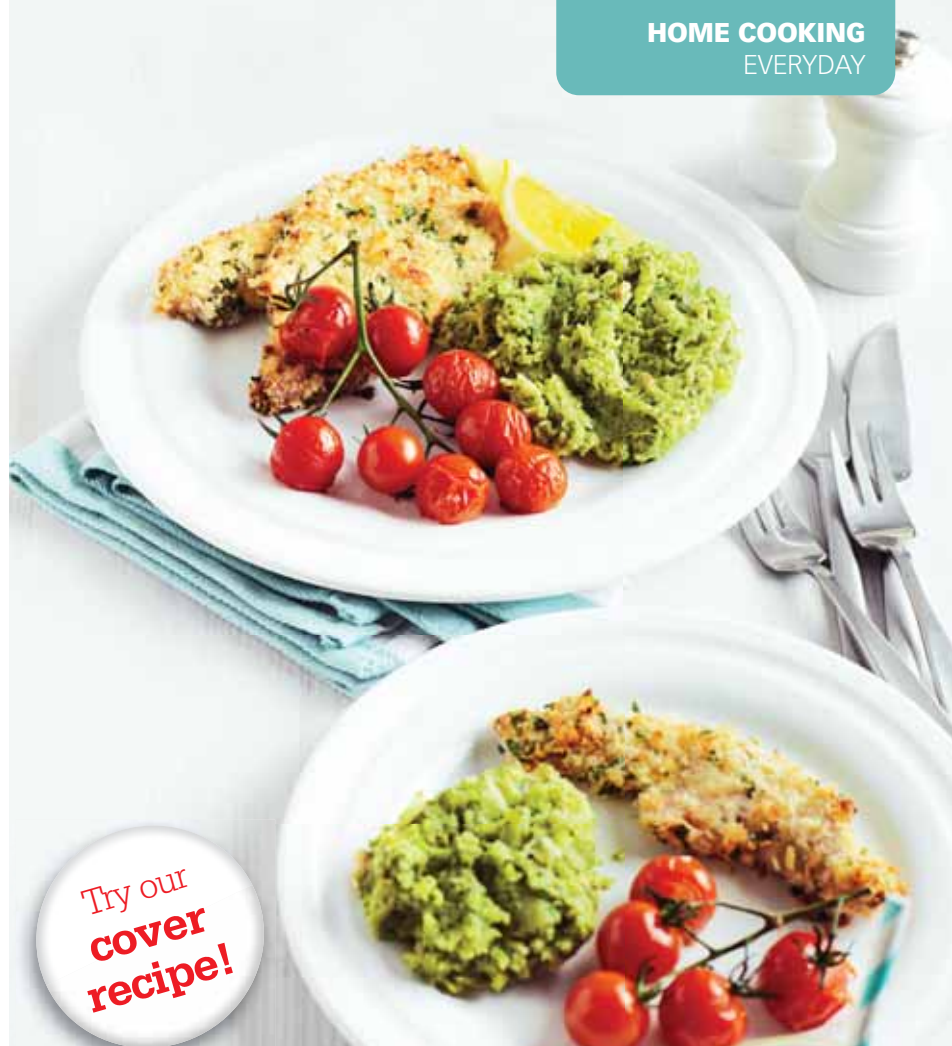
**1** Heat oven to 200C/180C fan.

Put the potato wedges, olive oil and thyme in a large baking tray, season and toss everything well to coat. Bake for 25 mins.

**2** Mash together the cheddar, cream cheese, breadcrumbs and mustard in a bowl. Remove the tray from the oven and push the wedges to the edges. Put the pollack fillets in the centre and season well, then top each fillet with a dollop of chutney, followed by the cheese mix.

**3** Return the tray to the oven for 15 mins until the fish is cooked through and the topping is bubbling and golden. Serve the fish and wedges with salad, if you like.

PER SERVING 456 kcs, protein 36g, carbs 30g, fat 21g, sat fat 11g, fibre 3g, sugar 3g, salt 1.4g



Try our  
**cover  
recipe!**

### Lemony crumbed turkey with broccoli-bean smash

SERVES 4 • PREP 25 MINS • COOK

25 MINS **Easy** **Low cal** **Superhealthy**

2 of 5-a-day Folate Fibre Vit C Iron

- 3 tbsp plain flour
- 1 large egg
- 100g fresh breadcrumbs
- Zest of 1 lemon, plus lemon wedges to serve (optional)
- Small handful parsley, chopped
- 450g turkey breast steaks
- 2 tbsp sunflower oil
- 4 vines cherry tomatoes
- 350g broccoli, cut into small florets
- 400g can butter beans, drained
- 4 tbsp pesto

**1** Heat oven to 180C/160C fan. Put the flour into a wide, shallow bowl with a little seasoning. Whisk the egg in a second shallow bowl with 1 tbsp water.

**2** Add the breadcrumbs, lemon zest and parsley to a third shallow bowl.

**3** Dip each turkey steak into the flour,

shaking off any excess, then into the egg, and finally into the breadcrumbs – press the crumbs into the turkey to make sure they really stick. Put the steaks on a large baking tray, drizzle with oil and bake for 20 mins. Add the cherry tomatoes to the tray and bake for a further 5 mins.

**4** Meanwhile, boil a pan of water, then add the broccoli and cook for 5 mins. Add the butter beans and cook for 2 mins more until broccoli is really tender. Drain well and leave to steam-dry for 1-2 mins. Tip back into the pan, add the pesto and mash everything up with a potato masher. To serve, divide the turkey smash and tomatoes between plates – adding lemon wedges for those who want to squeeze some over.

PER SERVING 477 kcs, protein 42g, carbs 40g, fat 17g, sat fat 3g, fibre 9g, sugar 5g, salt 1.8g



### Thai pork & peanut curry

SERVES 4 ● PREP 10 MINS ●

COOK 30 MINS **Easy** **1 of 5-a-day** **Iron**

**1 tbsp vegetable oil**  
**Bunch spring onions, sliced**  
**Small bunch coriander, stalks finely chopped, leaves picked**  
**400g pork tenderloin, sliced**  
**4 tbsp Thai red curry paste**  
**4 tbsp peanut butter**  
**1 tbsp soft brown sugar**  
**1 tbsp soy sauce**  
**400ml can light coconut milk**  
**175g pack baby corn**  
**juice 1 lime**  
**Steamed jasmine rice, to serve**

**1** Heat the oil in a large saucepan or flameproof casserole. Add the spring

onions and coriander stalks and cook for 1 min. Add the pork slices and cook for 5 mins until starting to brown.

**2** Stir in the curry paste and peanut butter. After 30 secs, add the sugar, soy and coconut milk, plus ½ can of water. Mix well, put a lid on and leave to simmer for 15 mins, stirring occasionally.

**3** Remove the lid, add the baby corn and increase the heat. Bubble for 3 mins until the corn is cooked and the sauce has thickened a little. Stir in the lime juice and check the seasoning. *Can be frozen for up to 2 months. To cook from frozen: thoroughly defrost, then heat in a pan on the hob until curry is hot all the way through.* Serve scattered with the coriander leaves and rice.

PER SERVING 388 kcals, protein 28g, carbs 12g, fat 25g, sat fat 4g, fibre 2g, sugar 9g, salt 1.6g



### Sweet jacket potato with piri-piri prawns

SERVES 1 ● PREP 10 MINS ● COOK 45 MINS

**Easy** **Low cal** **2 of 5-a-day** **Fibre** **Vit C** **Iron**

**1 large sweet potato**  
**2½ tsp olive oil**  
**1 garlic clove, crushed**  
**1 small red pointed pepper, sliced into rings**  
**Pinch of chilli flakes**  
**½ tsp sweet paprika**  
**1 tbsp red wine vinegar**  
**1 tbsp tomato ketchup**  
**100g raw king prawns**  
**Few sprigs parsley, chopped**  
**2 tbsp light mayonnaise**

**1** Heat oven to 200C/180C fan. Put the sweet potato on a baking tray, rub all over with a little of the oil and season with salt. Bake for 45 mins until really soft.

**2** Meanwhile, heat the remaining oil in a frying pan. Add the garlic and pepper and cook for 2 mins, making sure the garlic doesn't burn. Add the chilli flakes, half the paprika, the vinegar, ketchup, 1 tbsp water and prawns to the pan, then bubble for 2 mins until the prawns are cooked through. Stir through the parsley, saving a little to sprinkle over at the end.

**3** Mix the remaining paprika into the mayonnaise. Once the potato is cooked, split it down the centre, pile in the prawn mixture and dollop the paprika mayo on top. Scatter over the remaining parsley and serve.

PER SERVING 425 kcals, protein 22g, carbs 46g, fat 17g, sat fat 3g, fibre 9g, sugar 22g, salt 1.9g **GF**



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# Feel good fish suppers

Oily fish is a healthy and sustainable choice for the savvy shopper. Here are four new ways to give everyday meals an omega-3 boost.

Recipes JANE HORNBY Photographs LIS PARSONS

## WHICH FISH?

Salmon, trout, mackerel, sardines, pilchards, herring, kippers, eel and whitebait are all classed as oily fish, whether canned, fresh or frozen. Canned tuna, however, which loses most of its omega-3 oils during processing, is not classed as oily.

Oily fish is a rich source of essential omega-3 fatty acids (particularly EPA and DHA) and a good source of protein, vitamins and minerals. DHA is crucial for pregnant women and new mothers as well as toddlers because it is needed for the development of the central nervous system and the retina. As we get older, EPA is important for mental function – evidence suggests it can reduce the risks of depression and dementia, as well as behavioural problems. Omega-3 fats also protect the heart and circulation.

## WHAT ABOUT SMOKED OILY FISH?

Smoked oily fish retains some of its omega-3 oils, however its salt content tends to be quite high. If you're following a heart-healthy diet or just watching your salt intake, opt for fresh or frozen instead.

## HOW MUCH SHOULD I EAT?

Debate continues over portion sizes – we hear about the health benefits of oily fish, yet we are told there could be health risks because of pollutants. Pregnant women, those intending to become pregnant and girls should aim to eat 2-3 portions a week (one portion is 140g). Men and boys, and women beyond reproductive age, should aim for up to 4 portions a week.



### Salmon

So versatile – the possibilities for cooking it are endless. For a more environmentally friendly and often leaner fish, choose salmon farmed in open sea conditions (or even better, wild).



### Tuna

A mild fish that goes well with robust Mediterranean or Asian flavours, tuna is very lean and best seared quickly, leaving the meaty flesh juicy inside. Make sure you pick sustainable yellowfin tuna.



### Trout

Rainbow trout, a well-known freshwater fish, is mainly farmed. Sea trout, a larger variety, is sea-going but returns to fresh waters to breed. It is delicious wrapped in bacon and roasted.



### Mackerel

Mackerel should find its way onto our plates far more than it does. Intensely flavoured and with a flaky, meaty texture, this fish goes well with citrus or spicy flavours.

## Salmon & spinach with tartare cream

SERVES 2 EASILY DOUBLED ●

PREP 5 MINS ● COOK 10 MINS

Easy Superhealthy Heart healthy

*Folding lemon juice, capers and chopped parsley through crème fraîche makes a quick sauce for salmon, trout and white fish.*

**1 tsp vegetable or sunflower oil**  
**2 skinless salmon fillets**  
**250g bag spinach**  
**2 tbsp reduced-fat crème fraîche**  
**Juice of ½ lemon**  
**1 tsp capers, drained**  
**2 tbsp chopped flat-leaf parsley**  
**Lemon wedges, to serve**

**1** Heat the oil in a pan, season the salmon on both sides, then fry for 4 mins each side until golden and the flesh flakes easily. Leave to rest on a plate while you cook the spinach.

**2** Tip the leaves into the hot pan, season well, then cover and leave to wilt for 1 min, stirring once or twice. Spoon the spinach onto plates, then top with the salmon. Gently heat the crème fraîche in the pan with a squeeze of the lemon juice, the capers and parsley, then season to taste. Be careful not to let it boil. Spoon the sauce over the fish, then serve with lemon wedges.

PER SERVING 321 kcalories, protein 32g, carbohydrate 3g, fat 20g, saturated fat 5g, fibre 3g, sugar 3g, salt 0.77g



Ready in 15 minutes



## Spiced mackerel on toast with beetroot salsa

SERVES 4 ● PREP 10 MINS ● COOK 5

MINS **Easy**  **Superhealthy** **Heart healthy**

**1 of 5-a-day** **Omega-3**

*Canned or smoked mackerel fillets will work just as well with the salad.*

**250g pack beetroot (not in vinegar), diced**

**1 apple, cut into wedges then thinly sliced**

**1 small red onion, finely sliced**

**Juice of ½ lemon**

**1 tbsp olive oil, plus extra for drizzling**

**1 tsp cumin seeds**

**Small bunch coriander, leaves roughly chopped**

### FOR THE FISH

**4 mackerel fillets, halved widthways**

**1 tsp mild curry powder**

**4 slices from a sourdough loaf or ciabatta**

**1** Mix the beetroot, apple, onion, lemon juice, oil, cumin and coriander together, season well, then set aside while you cook the mackerel. Heat the grill to high. Put the fish onto a sheet of foil on the grill rack, sprinkle over the curry powder, drizzle with oil, then season and rub well into the fish.

**2** Grill for 4-5 mins until the skin is crisp and the fillets are cooked through; you won't need to turn the fish over. Toast the bread in a toaster or alongside the fish under the grill, then drizzle with a little olive oil. Top with the salsa and mackerel, then pour over any pan juices and eat straight away.

PER SERVING 471 kcalories, protein 25g, carbohydrate 35g, fat 27g, saturated fat 5g, fibre 3g, sugar 11g, salt 0.97g



So quick, so delicious



## Tuna with peppery tomatoes & potatoes

SERVES 4 • PREP 10 MINS • COOK 25 MINS

Easy Low fat Heart healthy Omega-3

*These sweet and spicy vegetables also taste great with grilled chicken and steaks.*

### 4 tuna steaks

1 tbsp olive oil

3 garlic cloves, crushed

Few thyme sprigs

500g bag new potatoes, sliced about 1cm thick

2 red peppers, cut into large chunks

1 red onion, cut into eighths

1 green chilli, deseeded and chopped

400g can cherry tomatoes

1 Heat oven to 220C/200C fan and put in a roasting tin to heat up. Put the tuna in a

shallow dish with half the oil, two-thirds of the garlic and leaves from 1 sprig of thyme. Leave to marinate while you cook the veg.

2 Put the potatoes, peppers, onion and chilli into the roasting tin with the remaining oil, toss to coat, then roast for 20 mins. The potatoes should be tender or very nearly there. If not, give them another 5 mins (the cooking time can depend on the variety of potato). Add the remaining garlic and thyme to the pan, let them sizzle, stir in the tomatoes, then cook for 5 mins more until the sauce has reduced a little. Season to taste.

3 With a few mins to go, heat a griddle or frying pan, wipe most of the garlic marinade off the fish with kitchen paper, season, then sear for 1 min each side for medium or longer if you prefer. Serve on top of the veg.

PER SERVING 371 kcalories, protein 40g, carbohydrate 31g, fat 11g, saturated fat 2g, fibre 4g, sugar 11g, salt 0.48g.



## FABULOUSLY FISHY

Another delicious, Asian-style oily fish recipe you can make using La Tourangelle toasted sesame oil.

### Smoked trout & cucumber sesame noodles

SERVES 2 • PREP 10 mins •

COOK 5 mins Omega-3

1.2l vegetable stock

Knob of fresh root ginger, peeled and shredded

100g soba noodles

1 tbsp reduced-salt soy sauce, plus extra to serve, if you like

1 tbsp tahini or peanut butter

125g pack smoked trout fillets, flaked

½ large cucumber, sliced

6 spring onions, finely sliced

Sesame seeds, to serve

Sesame oil, to serve

1 Bring the stock and shredded ginger to the boil in a large pan, add the noodles, then simmer for 4 mins until tender. Drain, then cool under cold running water.

2 Mix together the soy, tahini and 2 tbsp water (or more if you need) to make a dressing the consistency of single cream. Toss the cooled noodles and fish with the dressing and cucumber. Scatter with the spring onions and sesame seeds, then drizzle with a little sesame oil.



The artisanal La Tourangelle toasted sesame oils are crafted in Japan using traditional methods. Available at select supermarkets and markets.



# 5 ways with turkey

This lean meat is low in fat and packed with protein. Use up your leftovers, or buy cheap turkey steaks or mince for these easy recipes.

Recipes MYLES WILLIAMSON Photograph JONATHAN KENNEDY

## Turkey & sprout pilaf

SERVES 6-8 • PREP 10 MINS • COOK 35 MINS

Easy Low fat Low cal Good for you 1 of 5-a-day

Bring **400g basmati rice** and **800ml chicken stock** to the boil, cover, lower heat and simmer for 12-15 mins until cooked and fluffy. Meanwhile, fry **1 sliced leek**, **200g sliced raw Brussels sprouts** and **300g sliced mushrooms** in **2 tbsp butter** for 5-10 mins until soft. Add the rice with 500g shredded leftover turkey, **4 tbsp chopped mint** and seasoning.

PER SERVING (6) 485 kcals, protein 38g, carbs 52g, fat 12g, sat fat 5g, fibre 4g, sugar 2g, salt 0.7g

## Turkey chilli

SERVES 4 • PREP 5 MINS • COOK 40 MINS

Easy Low fat Low cal Good for you 2 of 5-a-day Folate Vit C

Brown **500g turkey mince** in **1 tbsp vegetable oil**. Remove. Or, shred **500g leftover turkey** – don't brown. Cook **1 chopped onion** and **1 chopped red pepper** in a little more oil for 10 mins. Turn up heat. Add **1 tsp chili powder**, the turkey, **400g can chopped tomatoes**, **400g can drained black-eyed beans** and 200ml water. Simmer for 20-25 mins. Season. Serve with **rice** or **tortillas**.

PER SERVING 313 kcals, protein 34g, carbs 19g, fat 12g, sat fat 3g, fibre 5g, sugar 7g, salt 0.2g

## Roast turkey & veg traybake

SERVES 4 • PREP 10 MINS • COOK 1 HR

Easy Low fat Low cal 2 of 5-a-day Folate

Heat oven to 200C/180C fan. Peel and dice **250g potatoes**, **250g sweet potatoes** and **500g beetroot**. Mix in a roasting tin with **2 tbsp olive oil**, **2 sliced red onions**, **2 sliced garlic cloves** and some seasoning. Roast for 45 mins until the vegetables are golden. Top with **4 uncooked turkey breast steaks**, then season and roast for a further 15 mins until cooked through.

PER SERVING 358 kcals, protein 35g, carbs 37g, fat 8g, sat fat 1g, fibre 8g, sugar 16g, salt 0.5g

## Quick turkey korma

SERVES 4 • PREP 10 MINS • COOK 35 MINS

Easy Low fat Low cal Good for you

Mix **250ml natural yoghurt** with **500g diced uncooked or cooked turkey breast** and chill. Meanwhile, heat **1 tsp vegetable oil** in a large frying pan. Add **1 tbsp grated ginger** and **1 sliced onion** and cook for 10 mins until soft. Add **1 tbsp garam masala** and **1 heaped tbsp korma paste** and cook for 2 mins more. Stir in **3 tbsp ground almonds**, **juice 1 lemon**, the turkey mix and 200ml water. Simmer for 15-20 mins until the turkey is cooked through (if used raw). Scatter with **coriander leaves** and serve with **rice**.

PER SERVING 285 kcals, protein 37g, carbs 9g, fat 11g, sat fat 2g, fibre 1g, sugar 7g, salt 0.5g

## Moroccan turkey salad

SERVES 4 • PREP 20 MINS • COOK 15 MINS

Easy Low fat Low cal Good for you 2 of 5-a-day

Tear **2 pita breads** into pieces and fry in **2 tbsp olive oil** until crisp. Tip into a bowl, then fry **1 diced aubergine** for 10 mins until soft. Add to the pitta with **1 tbsp harissa**, **250g halved cherry tomatoes**, **500g shredded leftover turkey breast** and **100g rocket**. Toss well. Scatter over seeds of **1 pomegranate** or **110g tub pomegranate seeds** and a few **mint leaves**.

PER SERVING 360 kcals, protein 47g, carbs 22g, fat 9g, sat fat 2g, fibre 4g, sugar 6g, salt 0.6g



Moroccan turkey salad

5 - 20 FEBRUARY 2013

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# Less meat, more veg

As well as being healthier, reducing the amount of meat in recipes and substituting with veg can cut down your shopping bills too!

MONEY  
WISE



## Watercress & chicken stir-fry

SERVES 4 • PREP 15 MINS • COOK 10 MINS **Easy** **Superhealthy** **1 of 5-a-day** **Vit C**

- 1 tbsp sunflower oil
- 2 skinless chicken breasts, cut into strips
- 2 tbsp cashew nuts
- 1 yellow or red pepper, deseeded and chopped into large chunks
- 1 red onion, chopped into large chunks
- 2 x 75g bags watercress
- FOR THE SAUCE**
- 3 tbsp hoisin sauce
- 2 tbsp reduced-salt soy sauce
- Large knob of ginger, finely grated
- 2 garlic cloves, crushed

- 1 tbsp sesame oil
- 2 tbsp rice wine or white wine vinegar
- Boiled rice, to serve

- 1 To make the sauce, mix all the ingredients together in a small bowl until completely blended.
  - 2 Heat oil in a frying pan until very hot. Throw in the chicken, cashew nuts, pepper and onion, then stir-fry for about 4-5 mins until chicken is cooked and the nuts are toasted. Pour over the sauce and simmer with a splash of water. Remove pan from the heat, stir through the watercress and serve with rice.
- PER SERVING 201 kcs, protein 20g, carbs 11g, fat 9g, sat fat 1g, fibre 2g, sugar 8g, salt 1.39g

## MAKE IT VEGGIE

Instead of beef, use **400g can of chickpeas, drained and rinsed**, and increase the mushrooms to 200g.

## Goulash in a dash

SERVES 4 • PREP 15 MINS • COOK 30 MINS **Easy** **Low fat**

- 1 tbsp vegetable oil
- 300g stir-fry beef strips or minute steak cut into strips
- 100g chestnut mushrooms, quartered
- 2 tsp paprika
- 500g potatoes, peeled and cut into smallish chunks
- 600ml hot beef stock
- 500g jar tomato-based cooking sauce
- Handful parsley leaves, roughly chopped
- Natural yoghurt, to serve

- 1 Heat half the oil in a non-stick pan and fry beef for 2 mins, stirring once halfway. Tip meat onto a plate. Heat remaining oil in the same pan and fry mushrooms for 2-3 mins until they start to colour.
  - 2 Sprinkle the paprika over the mushrooms, fry briefly, then tip in potatoes, stock and tomato sauce. Stir, cover and simmer for 20 mins, until potatoes are tender. Return beef to the pan with any juices and warm through. Stir in the parsley and a swirl of yoghurt, then serve.
- PER SERVING 299 kcs, protein 23g, carbs 33g, fat 9g, sat fat 2g, fi bre 3g, added sugar 5g, salt 1.59g





### Creamy ham & mushroom pasta bake

SERVES 5 ● PREP 10 MINS ●  
COOK 20 MINS **Easy**  

500g bag farfalle  
50g butter, plus a knob  
200g small mushrooms, halved  
Bunch spring onions, finely sliced  
50g plain flour  
500ml skimmed milk  
100g thickly-cut lean ham, chopped  
100g half-fat cheddar, grated

**1** Cook pasta following pack instructions, then drain. Heat oven to 200C/180C fan. Melt knob of butter in a large saucepan, fry mushrooms for 2 mins, scoop out and set aside. Wipe out pan.

**2** Melt 50g butter in pan, add most of the onions and soften for 1 min. Stir in flour for 1 min, then gradually stir in milk to make a lump-free sauce. Bubble for a few mins, stirring to thicken. Stir in ham and most of the cheese off heat, then season to taste.

**3** Tip pasta, mushrooms and sauce into a large ovenproof dish. Mix well. Scatter over remaining cheese and spring onions, then bake for 10 mins until golden.

PER SERVING 574 kcals, protein 28g, carbs 89g, fat 14g, sat fat 8g, fibre 4g, sugar 8g, salt 1.22g

### Indian mince with fresh tomato salad

SERVES 4 ● PREP 2 MINS ● COOK 18 MINS **Easy**  **Superhealthy** **2 of 5-a-day** **Iron**

1 red onion, sliced  
300g beef mince  
2 tbsp medium or mild curry powder  
100g dried red lentils  
700ml hot beef stock  
3 tomatoes  
Handful coriander leaves  
4 mini naans

**1** In a non-stick frying pan, dry-fry the onion and mince over a high heat for 2 mins, breaking up the mince as you go. Stir in the curry powder and lentils, pour in stock, then simmer fiercely for 10 mins.

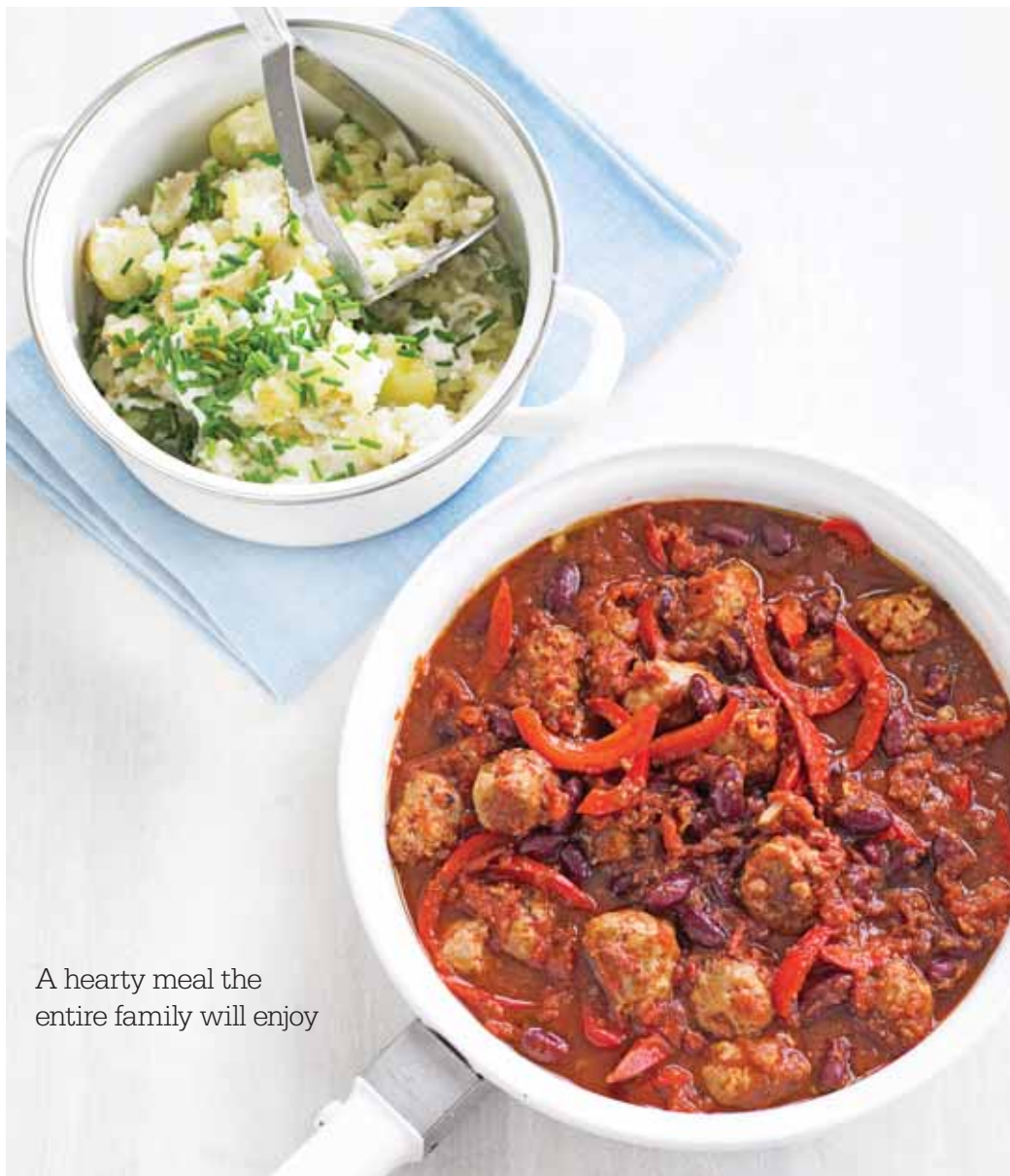
**2** While the mince is cooking, dice the tomatoes and chop the coriander roughly, then mix together in a small bowl. Put the naans briefly in a toaster to warm through, then pop one on each plate. Spoon a quarter of the mince over each naan, then top with a spoonful of the fresh tomato and coriander salad.

PER SERVING 444 kcals, protein 30g, carbs 45g, fat 17g, sat fat 7g, fibre 5g, sugar 6g, salt 1.49g

Swap half the mince in any dish for lentils instead – you'll never miss the meat!







A hearty meal the  
entire family will enjoy

### Quick chilli with creamy chive crushed potatoes

SERVES 4 • PREP 5 MINS • COOK  
15 MINS **Easy** **Superhealthy** **4 of 5-a-day**

**6 reduced-fat beef sausages**  
**2 tsp vegetable oil**  
**1kg new potatoes, skins on, sliced**  
**2 red peppers, deseeded and sliced**  
**2 garlic cloves, crushed**  
**1 tsp each ground coriander, chilli  
powder and ground cumin**  
**400g can kidney beans, rinsed  
and drained**  
**2 x 400g cans chopped tomatoes  
with herbs**  
**2 tsp caster sugar**

**5 tbsp 0%-fat Greek yoghurt**  
**20g pack chives, snipped**

**1** Squeeze 3 balls of meat from each  
sausage, then fry in the oil until golden.  
Boil potatoes for 10 mins, until tender.  
Add peppers to sausages and fry 4  
mins. Tip in garlic and spices, fry for 1  
min, then add beans, tomatoes and  
sugar. Simmer for 5 mins until saucy and  
meatballs are cooked.  
**2** Drain potatoes, then crush with a  
masher. Fold through yoghurt and  
chives, loosen with a splash of water,  
then serve with chilli.

PER SERVING 547 kcals, protein 31g, carbs 80g,  
fat 14g, sat fat 4g, fibre 11g, sugar 19g, salt 1.84g



### Butternut & chorizo spaghetti

SERVES 4 • PREP 20 MINS •  
COOK 15 MINS **Easy** **P** **Low fat**  
**Superhealthy** **2 of 5-a-day** **Vit C**

**½ large butternut squash, peeled,  
deseeded and cut into small cubes**  
**100g piece chorizo, chopped**  
**1 tbsp olive oil**  
**400g cherry tomatoes**  
**Large handful sage leaves, shredded**  
**400g spaghetti**  
**Grated Parmesan, to serve**

**1** Heat oven to 220C/200C fan. Tip squash  
and chorizo into a roasting tray, season,  
then toss in the oil. Roast for 20 mins,  
adding the tomatoes and two-thirds of  
the sage for the final 5 mins.  
**2** Cook the spaghetti. Drain, then toss  
with roasted ingredients and juices from  
the tray. Serve sprinkled with remaining  
sage and grated Parmesan, if using.  
PER SERVING 501 kcals, protein 19g, carbs 87g,  
fat 11g, sat fat 3g, fibre 6g, sugar 12g, salt 0.41g **BF**



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# Kitchen notes

Nutrition advice,  
expert cooking tips  
and product picks  
for your pantry.

## Rice is nice!

Radikal, one of India's leading rice exporters, has recently launched its product range of high-quality rice, sourced from the foothills of the Himalayas and other regions in North India, in the UAE. Five different varieties are available here – Aqua mist, Morvarid, Pristine, Radikal mazza and Ruby – with subtle variations in aromas and grain length in each.

The range includes healthy options like the low-fat Morvarid rice. Prices start from Dhs9, available at leading supermarkets.



## Gourmet foods at the click of a button

Ever felt that frustration when you go through a recipe and come across an ingredient that just isn't available in the country, or tried an exotic dish at a restaurant and don't know where to find the ingredients to recreate it at home? Click Cuisine will hopefully put an end to these grocery search dilemmas. The online gourmet store offers a wide range of specialty products that aren't available elsewhere. Choose from truffle oils, pastas, organic, MSG- and gluten-free products, as well as professional ingredients used by chefs for baking, such as pizza flours and sauces, and special sugars including dextrose and palm sugar. Serve your dish like the pros by choosing from a selection of display and serving products, as well as utensils and cutlery, as used by chefs. Visit [clickcuisineuae.com](http://clickcuisineuae.com).

### Look what we found!

#### 3 great new products for your kitchen



Drizzle the delicious Jose Galan premium selection extra virgin olive oil – created from Spain's finest olive groves – over salads, or combine with balsamic vinegar as a dip for crusty bread. Dhs17, available at select supermarkets.



Want to cook healthier? This Fat separator from Tavola, which separates the fat from any liquid such as sauces and gravies with its sieve design, is a must in your kitchen. Dhs55.

Create pasta in minutes by simply adding a few herbs and a sprinkle of cheese to this Polpa di pomodoro tomato sauce made from crushed tomato pulp. Dhs20 at Carluccio's.



### Dalia's tip of the month

I like cooked meats to have all the juices and flavours intact, so I always make sure to let them rest for at least ten minutes (depending on the size) after it has been cooked, to seal in the flavour. This also prevents it from spilling its juices all over the cutting board.

## SMART FOOD SWAPS



## Health update> Kick-start your New Year health regime with some nutrition-packed natural supplements. Nutritionist and lifestyle consultant Sean Penny recommends these:

**Maca root:** Usually taken in powder form, this root vegetable is beneficial for weight loss and boosts energy levels, improves stamina, promotes a clear mental focus, restores optimum hormonal balance and increases the body's resistance to stress, anxiety and fatigue. Add 3-5g of the powder to smoothies, along with a banana, coconut water, nuts and cocoa.

**Spirulina:** This blue-green algae increases the utilisation of fat for fuel, is high in protein, vitamins, minerals, enzymes and antioxidants, all of which provide increased energy and stamina levels. Usually taken in powder form, add approximately 5g to smoothies.



# Fusion lair

Asian cuisine gets a funky twist in these contemporary recipes from Christopher Bateman, Executive chef of Jumeirah Creekside Hotel. Photographs ANAS CHERUR



Christopher Bateman found his calling in the culinary field after working at a snack bar on a golf course in his hometown in Connecticut, US, when he was 16. Being only 16 at that time, he decided to enrol at The Culinary Institute of America thereafter. After gaining experience in Maui and New York, he moved to Dubai in 2008 to work with multiple hotels under the Jumeirah group, and now heads up all the outlets at Jumeirah Creekside hotel, which is home to Nomad restaurant, offering modern Asian, among other cuisines.

## Crab and avocado dumplings

SERVES 4

- 2 avocados ( around 400g)**
- 200g crab meat**
- 120ml lemon juice**
- 1 small red pepper, diced**
- 120g cilantro, finely chopped**
- 4 sheets of plastic wrap (approx 10 x 10cm)**
- Salt and pepper to taste**
- FOR THE SPICY MAYONNAISE**
- 880ml mayonnaise**
- 80g Korean Chilli paste**
- 60ml sesame oil**
- FOR GARNISH**
- 40g sugar**
- 200g nori sheets**
- 1l vegetable or sunflower oil, for deep frying**

- 1** Slice avocado lengthwise and lay on plastic wrap about half cm apart (approximately half an avocado per plastic wrap).
- 2** Mix crab meat, lemon juice, red pepper and cilantro together until well combined. Lay the crab mixture on the top of the avocado and season with salt and pepper
- 3** With your hands, use the plastic wrap to make a dumpling by joining the four corners of the plastic together – in a criss-cross manner – and securing tightly. Leave to set for around 3 mins, then gently remove the plastic wrap from around the avocado dumpling.
- 5** To make the mayonnaise, blend together mayonnaise, Korean chilli paste, lemon juice and sesame oil.
- 6** For the garnish, mix sugar with a little water and brush both sides of the nori sheets. Deep fry in vegetable oil.
- 7** To serve, place the avocado dumpling on the plate, the nori sheet behind it and spoon some of the sauce on the side.



## Hamachi pizzatini

SERVES 4

120g raw hamachi or raw salmon or tuna, thinly sliced to ¼ cm each

40g cilantro, roughly chopped

40g tobiko roe

20g jalapenos, sliced

### FOR THE DOUGH

100g flour

70ml warm water

6g dry yeast

20g white sugar

2 pinch salt

10ml extra virgin olive oil

### FOR WASABI MAYONNAISE

10g wasabi paste

40ml mayonnaise

10ml lime juice

### FOR TEMPURA

240g tempura flour

4 eggs

160ml seltzer or soda water

500ml vegetable or sunflower oil

**1** Prepare the dough by sprinkling the dry yeast into a bowl containing warm water, and leave for about 5 mins.

**2** In another bowl, add the flour, sugar, salt and yeast mix and knead the mixture.

**3** Once combined, let it rest until the dough doubles in size, then push the air out of the dough, using your hands.

**4** Roll out the dough forming a rectangle approximately 20x10cm and place onto a baking tray. Bake in a pre-heated oven at 200C until cooked.

**5** Remove the base and brush with extra virgin olive oil then return to oven to bake again until crispy. Remove from oven and lay the sliced fish across the pizza base, followed by cilantro, roe and jalapenos.

**6** To make the tempura, mix together the eggs and tempura flour. Slowly add seltzer or soda water while mixing until it forms a batter, with no clumps.

**7** Heat oil in a pot and dribble tempura batter mix in. Fry until crispy brown and sprinkle on top of pizzatini.

**8** To make the wasabi mayonnaise, mix wasabi, mayonnaise and lime juice together until smooth. Drizzle on top of the pizzatini and serve.

## Salmon teriyaki burger

SERVES 4

480g salmon fillet

4 egg whites

120ml sunflower oil

20g salt and pepper

120g romaine lettuce

1-2 cucumbers, sliced

40g pickled ginger

4 burger buns

### FOR THE TERRIYAKI SAUCE

200ml soy sauce


200g sugar

**1** To prepare the teriyaki sauce, cook sugar in a pot until it liquidises, constantly stirring to avoid burning. Add soy sauce and cook together for 10 mins. Check flavour and add soy sauce or sugar to taste. Set aside.

**2** Mince the salmon in a food processor. Mix in egg whites to help bind, then mould the mix into a burger-sized patty and season with salt and pepper. Brush each burger patty with oil.

**3** Grill the salmon patties on a grill or in a pan, turning and brushing with teriyaki sauce as you go, until cooked through.

**4** Slice open the burger bun and grill for 30 seconds or lightly toast.

**5** Lay the romaine lettuce on one half of the burger, topped with the sliced cucumber. On the other half, place the cooked salmon patty and top with pickled ginger. Drizzle the the teriyaki sauce on top of the salmon. Serve with French fries or onion rings. 





# Grill gourmet

You can use your barbecue for more than just burgers and steaks. Chef Zlatko Gersak from Blue Grill restaurant, Yas Island Rotana, shows us how to easy it is to grill anything, from seafood, to fruit.

Photographs CRIS MEJORADA



Zlatko Gersak, specialty chef at Blue Grill, Yas Island Rotana, is originally from Croatia and has

been cooking since he was just 17. Zlatko has worked at various top hotels around the globe, over the last 14 years, but got his first taste of the Middle East when he worked at Kempinski Resort Amman in Jordan, before moving to the UAE in 2012. He shares a three-course menu which can be cooked completely on the grill.

## Char grilled yellow fin sea bream

SERVES 4

**8 fillets of yellow fin sea bream**

**Salt and black pepper**

**Olive oil**

**4 knobs of unsalted butter**

**400g new potatoes, boiled and quartered**

**50g red onion, chopped**

**2 pcs garlic, peeled**

**100g fresh cherry tomatoes, quartered**

**100g broad beans, par boiled and peeled**

**60-80g kalamata olives, stoned**

**Few strands of saffron**

**1** Season the fish fillets with salt & black pepper and rub with olive oil.

**2** Pre-heat a non-stick griddle pan, add olive oil and let it heat up. Then add the fish fillet skin side down and fry for a couple of minutes until skin is crispy, turn over and cook for a further couple of mins until flesh is firm. Finish with a knob of butter.

**3** In a separate pan, heat olive oil and fry the potatoes until slightly golden. Add the garlic, chopped red onion, tomatoes and broad beans, and fry until soft.

**4** Arrange the fish filets on a plate, finish with the olives and fresh basil and garnish with saffron. Serve.



Styling NICOLA MONTEATH



## Grilled lamb chops

SERVES 4

300g Rizoni pasta  
240g garlic  
200g zucchini  
80g shallots  
100g red capsicum  
1g fresh mint  
Red radicchio, for garnish  
4 lamb chops (or 800g lamb rack)  
Salt and pepper  
Olive oil

- 1 Peel and clean the garlic, place in cold water then, bring to a boil. Remove after 3-4 mins and put in cold water and repeat the procedure 3 times (this keeps the garlic white in colour). Then, place in a blender, add salt and pepper and blend while slowly pouring olive oil until it becomes a smooth paste.
- 2 Cook rizoni until al dente.
- 3 Cut zucchini, capsicum and shallots into small cubes, sauté in olive oil, until tender. Add cooked rizoni, and sauté for a few mins. Season and sprinkle with fresh chopped mint.
- 4 Season lamb chops, and grill to desired cooking temperature.
- 5 To serve, place the chops on a plate, put the rizoni in a bowl and tilt upside down over the lamb, garnish with radicchio and a basil leaf.



## Grilled peaches with crumble and ice cream

SERVES 4

4 pcs peaches, stoned and cut in half  
4 scoops of cinnamon ice cream

### FOR THE STUFFING

5g almonds  
5g pistachios  
5g yellow raisins  
30g green apple  
30g pear  
30g pineapple  
4 mint leaves  
5g ginger, chopped  
A pinch of star anise powder  
1 pc vanilla  
10g butter  
1 pc lemon zest  
1 pc orange zest  
20g castor sugar  
50ml orange juice  
**FOR THE HAZELNUT CRUMBLE**  
50g butter

50g sugar  
50g hazelnut powder  
50g flour

- 2 To make the stuffing, cut all the fruits into small cubes and chop the nuts.
- 3 Melt butter and sugar in a pan, sauté the peaches and set aside. Repeat with green apples and pineapples (ensure that you sauté the fruits separately).
- 4 In a separate bowl, put the sautéed fruit, and add the dry nuts. Mix well.
- 5 Add orange zest, lemon zest, ginger, star anise powder, mint leaves and vanilla pod. Set aside to cool for a while.
- 6 When cooled, fill the peach halves with the stuffing. Sprinkle sugar over and place on a grill to caramelize.
- 8 To make the crumble, mix all the ingredients in a bowl and bake at 180C for 14 -16 mins. Set aside to cool. Arrange crumble on the plate, add the stuffed peach and top with scoops of cinnamon ice cream. [GF](#)



# Learn to: shuck oysters



Chef Maxime Le Van from Kitchen 45 at Embassy Dubai shows how to shuck an oyster, and two simple ways to serve them, alongside other restaurant-style raw seafood dishes to impress guests with.

Photograph CRIS MEJORADA



To open the oysters, first protect your hand with a folded clean kitchen towel. Place an oyster in your towelled hand, holding it curved side down so that the shell catches the juice.



Using an oyster knife or any thick, pointed and narrow knife, wedge into the hinge that connects the shells of the oyster.



Turn the knife as you would a doorknob, exerting minimal forward pressure but more laterally. As you turn the knife, there will be a slight, satisfying pop as the joint gives way. Take out the knife and wipe it free of sediment.



Turn the oyster around, slide your knife back in between the shells and carefully run it under the top shell toward the palm of your hand, to cut away the muscle that holds the shells together.



Remove the upper shell carefully, making sure you are not causing any damage to the meat at any point.



Carefully run the knife under the meat to release it (be careful to avoid the sediment) and place on ice.



### Oyster with smoked salt and dulce seaweed tartare

SERVES 4 (6 OYSTERS PER PERSON)

24 oysters

60g fresh dulce seaweed (Available at Waitrose)

6 sprigs of dill

4 sprigs of parsley

2 large shallots

Pinch freshly ground black pepper

Pinch smoked salt

80ml extra virgin olive oil

2 lemons

**1** Wash the seaweed in cold water to remove excess salt. Remove the seaweed from the water and drain. Repeat the process 6 or 7 times, with fresh water, until all the saltiness has gone.

**2** Place the seaweed in a clean cloth and close the corners together to form a sort of sack, twist the cloth and squeeze out all the excess water.

**3** For the tartare, roughly chop the seaweed, dill and parsley and finely chop the shallots. Mix together and season with some pepper, smoked salt, extra virgin olive oil, lemon juice and zest. Refrigerate until ready to serve.

**4** Place a teaspoon of dulce seaweed tartare on top of the oyster and serve.

### Tiger prawns and oysters with pickled cucumber and horseradish granita

SERVES 4

**FOR HORSERADISH GRANITA**

100g fresh horseradish

100ml crème fraîche

200ml very cold mineral water

**FOR PICKLED CUCUMBER**

2 small cucumbers (thick peel only)

2 tsp good quality white balsamic or cider vinegar

1 sprig of fresh dill, finely chopped

Pinch of sugar

4 large fresh tiger prawns

8 oysters

2 tbsp olive oil

1 handful of watercress

1 lime, juice and zest

**1** To make the horseradish granita, peel and chop the horseradish into small 1cm chunks. Add to the crème fraîche and water and

blend. The mixture should split into two parts – one fat and the other a milky substance. Sieve this mixture to remove the fat and then chill the rest in the freezer for 1 hr, stirring occasionally.

**2** To pickle the cucumber, dice the peel (only this will be used), add a pinch of salt and leave in a sieve for 2 mins to drain the moisture. Add dill, vinegar, sugar and the drained cucumber to a mixing bowl and chill for 30 mins.

**3** Peel and de-vein the prawns, cut into thick slices (3mm thick) and add to a mixing bowl with the lime juice, half the olive oil and salt and pepper. Allow to marinate in the fridge for 10 mins.

**4** Meanwhile, shuck the oysters and cut the flesh in two or three slices lengthways using a very sharp knife.

**5** To serve, layer the oyster slices on top of the chilled prawn slices and gently spoon the pickled cucumber peel and granita around the shellfish. Finish off with sprigs of watercress, a drizzle of olive oil and a sprinkling of lime zest. Serve immediately.

**TIP** The freshest oysters are tightly closed and feel heavy. Expiry date should be at least one week away and most importantly, always double check the smell of each one you open – it should have a fresh seawater smell.





## Spicy tuna with peppers and salsa verde

SERVES 4

400g fresh tuna loin  
Pinch sea salt and black pepper  
Pinch cayenne pepper  
Olive oil for cooking  
200g yellow peppers  
50ml extra virgin olive oil  
10ml white balsamic vinegar  
1 garlic clove, peeled, crushed and chopped  
Pinch of sea salt and freshly ground black pepper  
**FOR THE SALSA VERDE**  
Handful of parsley  
Handful of mint spring  
Handful of basil leaves  
30g fine capers  
15g tinned anchovy fillet

100g extra virgin olive oil  
20g pickled gherkins  
15g wholegrain mustard  
1 lemon zest and juice  
Pinch of sea salt and black pepper

**1** Season the fillets with sea salt and coat generously with the black and cayenne pepper and tightly roll into cling film before placing in the fridge for a few hours or overnight if possible.  
**2** For the peppers, remove the seeds and slice into strips. Season with garlic, oil and vinegar, before refrigerating.  
**3** To make the salsa verde, finely chop the fresh herbs, capers, anchovy fillets and gherkins and combine with remaining ingredients. Refrigerate until ready to serve.  
**4** To serve, finely slice the tuna fillets and arrange on a plate. Dress with the salsa verde and garnish with peppers.



## Marinated sea bass with basil

SERVES 4

400g large sea bass fillet, boned and skinned  
1 bunch basil  
1 pink grapefruit  
100ml extra virgin olive oil  
Pinch sea salt and freshly ground black pepper

**1** Place chopping board in the fridge for at least 20-30 mins, and before starting to slice fish, use icy water to clean your knife.  
**2** Using a sharp knife, skin the grapefruit and slip the knife between each one of the segments to make perfect wedges. Place in a bowl and add roughly chopped basil leaves (keeping a few aside for decoration), a generous amount of ground pepper and olive oil. Mix and refrigerate.  
**4** For the sea bass, divide the fillets into 6 to 7 cm pieces and then finely slice lengthwise, using the knife washed in ice water.  
**5** Arrange the slices of sea bass on the plate, season with sea salt, cover with the grapefruit and basil mix and refrigerate for 10 mins. Garnish with remaining basil leaves and serve. [CF](#)

**TIP** To check for freshness of fish, look out for firm flesh, mild smell, clear and shiny eyes and bright red gills. Also make sure the fish is always kept on ice when not working with it, as it will be consumed raw.

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# Easy weekend cooking

Your weekend meals at a glance

Just what you want to eat – relaxed recipes to share.

Recipes BARNEY DESMAZERY

Photographs STUART OVENDEN



Start the weekend in style

## THURSDAY Supper for two

### Peppered fillet steak with parsley potatoes

SERVES 2 • PREP 10 MINS • COOK 30 MINS

Easy  Iron

3 large red-skinned potatoes, peeled and cut into large cubes  
2 tbsp olive oil, plus a drizzle extra  
1 garlic clove, minced  
Small bunch flat-leaf parsley, finely chopped  
2 beef fillet steaks (each about 140g)  
1 tsp cracked black pepper  
Small knob of butter  
Watercress salad, to serve

**1** Tip the potatoes into a pan of water, bring to the boil, simmer for 2 mins, then drain. Heat the oil in a non-stick frying pan. Add the potatoes and sizzle gently for 20 mins, tossing occasionally, until golden and crispy all over. When the potatoes are cooked, add the garlic to the pan and fry for 1 min more. Finally, toss through the parsley, season with sea salt and set aside.

**2** Meanwhile, rub the steaks with a drizzle of oil, then press in the black pepper. Heat a griddle pan until hot, and cook the steaks to your liking (2½ mins each side for medium rare, 3½ mins for medium, 4½ mins for well done). Leave steaks to rest for 5 mins, then top with a knob of butter and serve with the potatoes and some watercress salad.

PER SERVING 494 kcals, protein 35g, carbs 6g, fat 22g, sat fat 7g, fibre 4g, sugar 3g, salt 0.2g

Food styling lizzie harris | Styling JENNY IGGLEDEN





Everything cooked  
in one dish

## FRIDAY Fish for friends

### Sea bass & seafood Italian one-pot

SERVES 4 ● PREP 15 MINS ● COOK  
45 MINS **Easy** **Low fat** **Low cal** **Good for you**  
**2 of 5-a-day** **Iron**

- 2 tbsp olive oil
- 1 fennel bulb, halved and sliced,  
fronds kept separate to garnish
- 2 garlic cloves, sliced
- ½ red chilli, chopped
- 250g cleaned squid, sliced into rings
- Bunch basil, leaves and stalks  
separated, stalks tied together,  
leaves roughly chopped
- 400g can chopped tomatoes
- 150ml white wine
- 2 large handfuls of mussels or clams

8 large raw prawns (whole look nicest)  
4 sea bass fillets (about 140g each)  
Crusty bread, to serve

- 1 Heat the oil in a large saucepan with a tight-fitting lid, then add the fennel, garlic and chilli. Fry until softened, then add the squid, basil stalks, tomatoes and wine. Simmer over a low heat for 35 mins until the squid is tender and the sauce has thickened slightly, then season.
- 2 Scatter the mussels and prawns over the sauce, lay the sea bass fillets on top, cover, turn up the heat and cook hard for 5 mins. Serve scattered with the basil leaves and fennel fronds, with crusty bread.

PER SERVING 329 kcals, protein 45g, carbs 7g,  
fat 11g, sat fat 2g, fibre 2g, sugar 4g, salt 1.0g

## SATURDAY Post-errands soup

### Curried squash, lentil & coconut soup

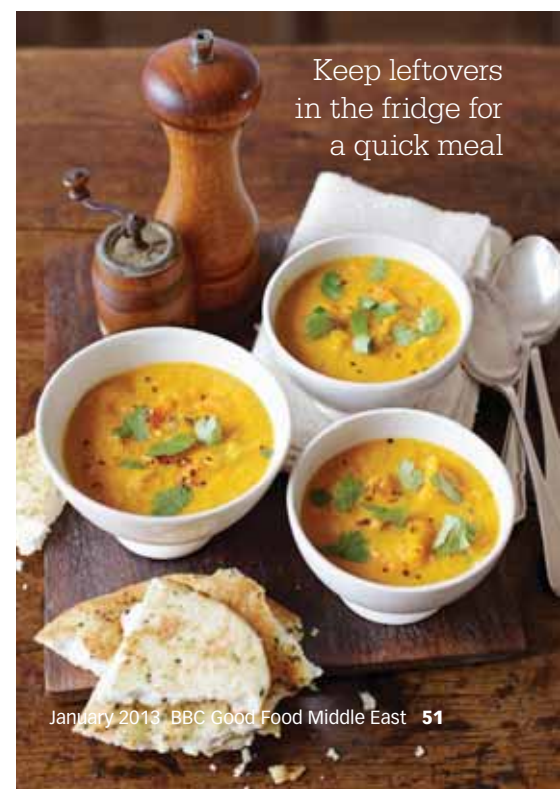
SERVES 6 ● PREP 10 MINS ● COOK 25  
MINS **Easy** **V** **Low fat** **Good for you** **2 of 5-a-day**

- 1 tbsp olive oil
- 1 butternut squash, peeled,  
deseeded and diced
- 200g carrots, diced
- 1 tbsp curry powder containing  
turmeric
- 100g red lentils
- 700ml vegetable stock
- 1 can reduced-fat coconut milk
- Coriander, and naan bread, to serve

1 Heat the oil in a large saucepan, add the squash and carrots, sizzle for 1 min, then stir in the curry powder and cook for 1 min more. Tip in the lentils, the vegetable stock and coconut milk and give everything a good stir. Bring to the boil, then turn the heat down and simmer for 15-18 mins until everything is tender.

2 Using a hand blender or in a food processor, blitz until as smooth as you like. Season and serve scattered with roughly chopped coriander and some naan bread alongside.

PER SERVING 178 kcals, protein 6g, carbs 22g,  
fat 7g, sat fat 5g, fibre 4g, sugar 9g, salt 0.4g **GF**



Keep leftovers  
in the fridge for  
a quick meal



# take supper outside

Entertain the easy way this season with our cook-ahead garden menu, started in the kitchen and finished off on the barbecue. Recipes MARY CADOGAN  
Photographs ROGER STOWELL

## MENU FOR 8

- Griddled flatbreads
- Red pepper & tomato salsa
- Pea & artichoke hummus
- Seared beef with orange & chilli  
(served with sides of your choice)
- Raspberry meringue ice-cream cake

## GETTING AHEAD

### UP TO TWO WEEKS AHEAD

- Prepare and freeze the ice-cream cake
- ### THE DAY BEFORE

- Marinate the beef
- ### ON THE DAY – IN THE AFTERNOON

- Prepare the flatbreads and dips
- Light the BBQ 30-45 mins before cooking

### WITH ABOUT 15-20 MINS TO GO

- Barbecue the beef, leave to rest
- Cook the flatbreads and tomatoes, set aside

### JUST BEFORE SITTING DOWN

- Rest the meat, take dessert out to soften

## Griddled flatbreads

MAKES ABOUT 16 ● PREP 15 MINS PLUS  
RISING ● COOK 4-5 MINS **A little effort** **V** **\***  
RAW DOUGH **Low fat** **Good for you**

250g strong wholemeal flour  
250g strong white flour  
14g sachets easy-blend yeast  
1 tsp sugar  
2 tbsp olive oil

**1** Tip the flours into a food processor. Add the yeast, sugar and 1 tsp salt, then mix well. Pour in 350ml warm water and the oil, then process to a soft dough. Mix for 1 min, then leave until doubled in size, about 1 hr.  
**2** Pulse the dough a couple of times just to knock out the air, then tip onto a floured surface. Cut the dough in half and roll out one half to a rectangle about 20 x 40cm. Trim the edges using a large sharp knife, then cut into eight 10cm squares. Line a large tray or two baking sheets with non-stick paper and arrange the bread rectangles over the tray in one layer. Repeat with the other half of the dough. Leave in a warm place for about 30 mins until the dough is just starting to rise.  
**3** Place bread directly onto the BBQ racks and cook for a couple of mins until they puff up, then flip over and cook on the other side. Tip into a basket and serve with the dips.  
PER FLATBREAD 117 kcalories, protein 4g, carbohydrate 22g, fat 2g, saturated fat none, fibre 2g, sugar 1g, salt 0.32g

## Red pepper & tomato salsa

SERVES 8 ● PREP 10 MINS ● NO COOK **Easy** **V** **\***

100g cherry tomatoes, quartered  
1 garlic clove, chopped  
1 fat green chilli, deseeded and chopped  
200g roasted red peppers from a jar  
1 crustless slice bread, torn up  
1 tbsp red wine vinegar

**1** Tip the tomatoes, garlic and chilli into a food processor with the peppers, bread, vinegar, salt and pepper. Pulse to make a rough purée.  
**2** Turn into a small bowl, cover with cling film and chill until ready to serve.

PER SERVING 31 kcalories, protein 1g, carbohydrate 4g, fat 1g, saturated fat none, fibre 1g, sugar 2g, salt 0.43g

## Pea & artichoke hummous

SERVES 8 ● PREP 10 MINS ● NO COOK

**Easy** **V** **\*** **Good for you**

140g frozen petit pois  
100g artichoke hearts from a jar or can  
2 tsp ground cumin  
2 tbsp lemon juice  
4 tbsp olive oil  
Small handful mint leaves

Tip the peas into a bowl and pour over boiling water to cover. Leave for 5 mins, then drain well and tip into a food processor with all the other ingredients and seasoning. Pulse to make a rough purée, then spoon into a small bowl. Cover with cling film, chill until ready to serve.  
PER SERVING 69 kcalories, protein 2g, carbohydrate 3g, fat 6g, saturated fat 1g, fibre 1g, sugar 1g, salt 0.05g





Lots of  
make-ahead  
dishes

◀ **GADGET PICK:** The perfect kitchen gear for this dish

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Seared beef with orange  
& chilli, recipe p54



**KNOW-HOW** Skirt of beef is an under-used cut that works really well on the barbie. It has an excellent flavour and grainy texture, so it benefits from being cooked fast and served medium-rare; cook it too much and it will toughen up. Leave it to rest for 10-15 mins before slicing, then cut it across the grain.

## Seared beef with orange & chilli

SERVES 8 • PREP 15 MINS •

COOK 16-20 MINS **A little effort**

RAW IN MARINADE



- 1.5kg piece skirt of beef
- Zest of 2 oranges
- 2 red chillies, deseeded and finely chopped
- 2 shallots, finely chopped
- 2 tbsp olive oil
- 2 tbsp red wine vinegar

**1** Wipe the beef and put in a large food bag. Mix together all the remaining ingredients, then pour into the bag. Massage marinade into the beef, then put on a plate in the fridge for at least 2 hrs, or overnight if you have time.

**2** Light the barbecue, allowing time for the coals to turn grey. Season the beef with salt and pepper, then cook for 8-10 mins on each side until well browned. Spoon over a little of the marinade as it cooks.

**3** Remove the beef from the barbecue and set on a board. Cover tightly with foil and leave to rest for 10 mins. Cut the beef across the grain into slices.

PER SERVING 360 kcalories, protein 47g, carbohydrate none, fat 19g, saturated fat 7g, fibre none, sugar none, salt 0.34g

### GADGET PICK: The perfect kitchen gear for this dish ➔

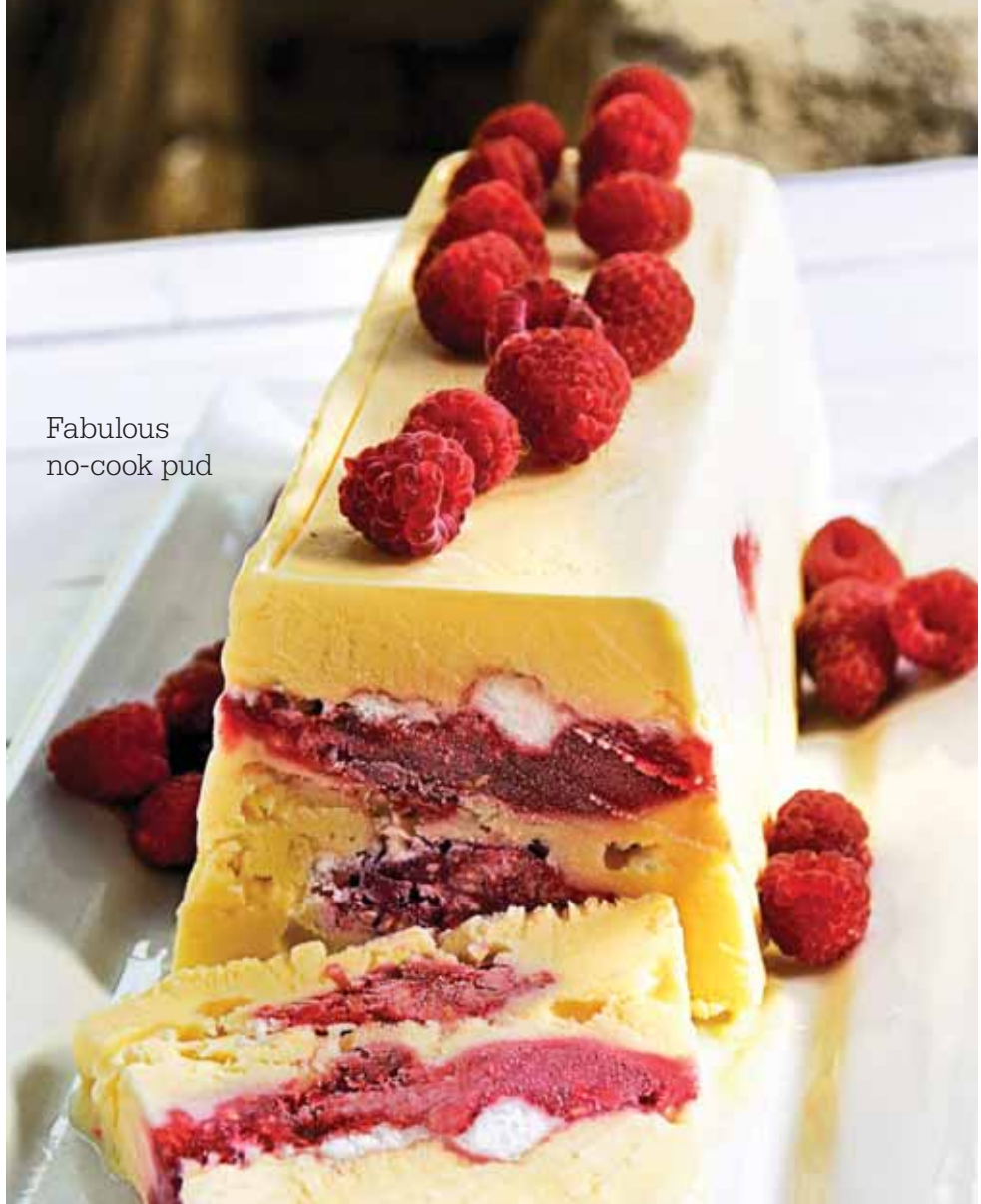
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Fabulous  
no-cook pud



## Raspberry meringue ice-cream cake

SERVES 8 • PREP 20 MINS PLUS FREEZING •

NO COOK **A little effort**

- 175g icing sugar
- 500g tub fresh custard
- 500ml tub crème fraîche
- 2 tsp vanilla extract
- 400g raspberries
- 100g meringues or meringue nests, broken into small chunks
- 300g jar raspberry coulis or sauce

**1** Reserve 1 tbsp sugar. Mix together the custard, crème fraîche, remaining sugar and vanilla in a large bowl. Put the bowl in the freezer, then leave for 1 hr until the mixture starts to freeze around the edges. Whisk the mixture to break down the ice crystals, return to the freezer for 1 hr more, then repeat the whisking.

**2** Meanwhile, cut a large food bag down

one side and along the base and open out.

Lightly oil a large loaf tin, ice-cream tub or food container, approximately 2 litres in capacity. Line with the plastic. Using a fork, lightly crush half the raspberries with the reserved sugar.

**3** Spoon one-third of the semi-frozen custard into the tin. Sprinkle over half the meringues and half the crushed raspberries. Spoon over 3 tbsp coulis. Cover with another third of the custard and then the remaining meringues, raspberries and another 3 tbsp coulis. Pour over the remaining custard, then put in the freezer for at least 4 hrs, or overnight.

*Can be frozen for up to 2 weeks.*

**4** To serve, transfer the dessert to the fridge for 30-45 mins to soften it. When ready to eat, turn the cake out onto a dish. Scatter the raspberries over, then cut into thick slices and serve with a little coulis.

PER SERVING 468 kcalories, protein 4g, carbohydrate 52g, fat 29g, saturated fat 19g, fibre 1g, sugar 48g, salt 0.16g

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# Guilt-free indulgences

Low-fat desserts to satisfy your sweet tooth – and your nutritionist!

Just 6g  
of fat per  
serving

## Strawberry cheesecakes

SERVES 4 • PREP 10 MINS • NO COOK

Easy  Low fat  Good for you

85g low-fat biscuits  
200g tub extra-light soft cheese  
200g tub 0%-fat Greek yoghurt  
4 tbsp caster sugar  
Few drops vanilla extract  
2 tbsp good-quality strawberry jam  
100g strawberries, hulled and sliced

- 1 Put the biscuits in a plastic bag and bash with a rolling pin until you have chunky crumbs. Divide between 4 glasses or small bowls.
- 2 Beat the soft cheese, yoghurt, sugar and vanilla together until smooth, then spoon over the crumbs and chill until you are ready to serve.
- 3 Stir the jam in a bowl until loose, then gently stir in the strawberries. Divide the strawberries between the cheesecakes and serve.

PER SERVING 263 kcals, protein 12g, carbs 43g, fat 6g, sat fat 3g, fibre 1g, sugar 31, salt 0.93g

## Pineapple & banana pancakes

SERVES 4 ● PREP 20 MINS ●

COOK 20 MINS **Easy**  **Low fat**

100g self-raising flour  
1 tsp baking powder  
1 tsp cinnamon  
3 tbsp light muscovado sugar  
1 large egg  
100ml milk  
100g fresh or drained canned

pineapple, roughly chopped  
1 banana, sliced  
Sunflower oil, for frying  
Greek yoghurt and maple syrup,  
to serve

**1** Tip flour, baking powder, cinnamon and sugar into a bowl and mix well.  
**2** Make a well in the centre, crack in the egg, then gradually mix into the flour, adding milk gradually to make a soft batter. Stir in pineapple and banana.

**3** Heat a little oil in a non-stick frying pan, add the batter in heaped tablespoons, well apart to allow them to spread. When bubbles appear on the surface, flip the pancakes over and cook until light golden.

**4** Cook all the pancakes and keep warm. Serve 2-3 pancakes each with a spoonful of yoghurt and a little maple syrup poured over.

PER SERVING 230 kcals, protein 6g, carbs 42g, fat 6g, sat fat 1g, fibre 1g, sugar 11g, salt 0.70g





## Sticky stem ginger cake with lemon icing

CUTS INTO 12 SLICES • PREP 30 MINS

• COOK 1 HR-1 HR 10 MINS **Easy** ❄️

**Low fat** UN-ICED

225g self-raising flour  
1 tsp bicarbonate of soda  
1 tbsp ground ginger  
1 tsp ground cinnamon  
1 tsp ground mixed spice  
115g butter, cut into cubes, plus extra for greasing  
115g each dark muscovado sugar, black treacle and golden syrup  
250ml whole milk  
85g drained stem ginger, grated

1 large egg

### FOR THE LEMON ICING

50g icing sugar, sifted

1 tsp lemon zest, finely grated

1 tbsp lemon juice

**1** Heat oven to 180C/160C fan. Butter and line an 18cm round, deep cake tin with greaseproof or parchment paper.

**2** Sift flour, bicarb and spices into a mixing bowl. Add butter and rub into flour with your fingertips until it resembles breadcrumbs.

**3** Put sugar, treacle, syrup and milk into a saucepan and heat gently, stirring until the sugar has dissolved. Turn up heat and bring the mixture to just below

boiling point.

**4** Add ginger to flour mixture, then pour in treacle mix, stirring as you go. Break in egg and beat until combined and the mixture resembles thick pancake batter. Pour into prepared tin and bake for 50 mins to 1 hr, until a skewer pushed into the centre of the cake comes out fairly clean. Leave to cool in tin before turning the cake out.

**5** To make icing, mix icing sugar and zest, then gradually add lemon juice until you have a smooth, slightly runny icing, adding more juice if needed. Drizzle over cake.

PER SLICE 285 kcals, protein 3g, carbs 50g, fat 10g, sat fat 6g, fibre 1g, sugar 31g, salt 0.81g.

Just 10g  
of fat per  
serving



## Apple pie samosas


SERVES 4 ● PREP 20 MINS ●

COOK 20-25 MINS **Easy**  **Low fat**  1 of 5-a-day

2 cooking apples, peeled,  
cored and chopped  
50g caster sugar  
1 tsp ground mixed spice  
50g sultanas  
4 sheets filo pastry  
25g low-fat spread, melted  
low-fat yoghurt, to serve

**1** Heat oven to 200C/180C fan. Place apples, sugar, mixed spice and sultanas in a saucepan with 2 tbsp water and cook, covered, for 6 mins, or until the apples are soft, stirring once or twice. Tip into a shallow dish and spread out to cool slightly.

**2** Cut the sheets of filo into thirds lengthways, then brush lightly with the melted spread. Place a spoonful of the apple filling at the top of each strip, then fold over and over to form triangular parcels. Place on a baking sheet and bake for 15-20 mins until crisp and golden. Serve with low-fat yoghurt, if you like.

PER SERVING 196 kcals, protein 2g, carbs 42g, fat 3g, sat fat 1g, fibre 2g, sugar 31g, salt 0.58g 

Just 3g  
of fat per  
serving





## The London Dairy dessert series

# #1 Asian-inspired sweet treat

Jay Williams, executive sous chef at The Westin Dubai Mina Seyahi Beach Resort and Marina, shares a simple yet delicious dessert to pair with the tropical flavours of mango yoghurt ice cream.

### Coconut and lime rice pudding with mango yoghurt ice cream

SERVES 4

150g jasmine rice  
Seeds from one vanilla pod  
80g palm sugar, grated  
450ml coconut cream  
Zest of 1 lime  
40g mascarpone  
4 tsp caster sugar  
2 tsp Espellete chili or cayenne pepper  
(Available in specialty supermarkets)  
1 scoop of London Dairy Mango Yoghurt ice cream  
1tspn desiccated coconut  
Shiso Cress, to garnish (Available in specialty supermarkets)

**1** Place the jasmine rice, vanilla seeds, palm sugar and ½ of the coconut cream in to a small saucepan. Over a medium heat slowly bring the mixture to a simmer, keep stirring the mixture so it does not stick. Add the remaining coconut milk and keep cooking until the mixture becomes sticky. This should take around 20 mins.

**2** Once the rice is cooked remove from the heat, add the mascarpone and lime zest and mix thoroughly. Pour the mixture evenly into 4 small dishes, move it around and tap down on top to flatten. Leave to stand for 5 mins.

**3** Put 1 tsp of caster sugar on top of each rice pudding and caramelise with a blow torch. If you do not have a blow torch you can make a separate caramel in a saucepan and pour on top of each pudding.

**4** Sprinkle a little desiccated coconut over each pudding, add 1 scoop of the London Dairy Mango Yoghurt Ice Cream on top, and garnish with the Espellete chili and Shiso cress.

Next month, look out for the recipe with Chocolate Brownie Delight ice cream!



## MEET THE CHEF



 To see a step-by-step video on making this dish, log on to Facebook.com/bbcgoodfoodme or Facebook.com/LondonDairy

Jay Williams, executive sous chef The Westin Dubai Mina Seyahi, Beach Resort and Marina, began his culinary career by accident, when he worked at the kitchen of a friend's restaurant one summer, and spent his time watching all the action, while helping out with basics like peeling potatoes and chopping onions. After developing a liking for cooking, he worked at various restaurants – including at Zibibo in London, headed by Michelin-star chef Adam Newell, which was a dream job for him – before moving to Dubai in 2008.

### CHEF'S TIP:

*"Using chilli in a dessert may seem unusual, but it goes well with the coconut and mango, and it gives the dessert a zing – it's influenced by Thai cuisine."*

### Two other ways to enjoy London Dairy's Mango Yoghurt Ice Cream



1 Sprinkle toasted dry coconut over a scoop to add texture.



2 Top up a Gulab jamun with a scoop of the ice cream.



#### MANGO YOGHURT

Smooth and refreshing low-fat yoghurt ice cream with juicy chunks of Alphonso mango



Westin Dubai Mina Seyahi Beach Resort and Marina





# Fancy yourself as a **PHOTOGRAPHER?** Mad about taking **PHOTOS** on your hols?

Lonely Planet Traveller Middle East has partnered with Radisson Royal hotel and flydubai to bring you the UAE's most exciting travel photography competition! We're looking for the **best photographer** in the UAE in the following categories: **Nature, Landscape, People and Architecture.**

The winners will be included in our first travel photo exhibition, A Taste of Travel, which will be held from **14 February 2013** at the Radisson Royal hotel, Sheikh Zayed Road. **And one lucky winner will win a three night holiday to the historic, romantic city of Tbilisi, Georgia, staying at the five star Radisson Blu Iveria!**

A Taste of Travel will debut the best travel photography from **Lonely Planet Traveller** for the first time in the **Middle East**, and you could be a part of it!

To enter, all you have to do is upload your best photo to the app to either Lonely Planet Traveller Middle East or Radisson Royal's Facebook pages before **Thursday 24 January 2013.**

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T&Cs: Entrants must live in the UAE and be over 18. Both the three night hotel stay and flights are subject to availability and valid for six months. Please visit the Facebook page for full guidelines.

# Gourmet Lifestyle

Travel, global cuisines, health, interviews, kitchens and more



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## IN THIS SECTION

\* Herbal teas for health **P70** \* A freewheeling interview with Antonio Carluccio, **P72** \* Inside TV presenter and chef Nadia Sawalha's kitchen, **P76** \* Luxe destination spas to head to for a detox break, **P80**





### BEETROOT JUICE

The high amounts of nitrates in beetroot boosts stamina – the body turns nitrate into nitric oxide, which reduces the amount of oxygen required to exercise – making it an ideal drink for endurance and resistance exercises. It is also high in betaine, a compound with inflammation reducing properties; joint tissue inflammation can slow down recovery and interfere with fitness goals.

**Try it this way:** Have a glass pre-workout, but be sure to check with your doctor first.




### BLUEBERRIES

These powerful antioxidant-rich berries protect you from free radical damage that can be caused by stress of intense training. Studies have revealed that blueberries can accelerate muscle recovery, especially after strength training – which means you can work out more often for longer.

**Try it this way:** Blend in a smoothie with protein powder, or sprinkle over a salad.

# Eat to boost fitness!



Make sure to include these top ten nutrient-loaded foods in your diet, to get the most out of your workout. Photograph ANAS CHERUR.

### MEET THE EXPERT

Nutritional inputs from sports nutritionist and co-founder of lifestyle consultancy service, The Wellness Brothers, Sean Penny, visit [www.wellnessbrothers.com](http://www.wellnessbrothers.com) for more information.

### SALMON

Containing healthy omega 3 fats, protein-rich salmon helps improve heart health, reduce muscle tissue breakdown and enhance blood circulation. Rich in essential minerals such as calcium, iron, phosphorous and vitamins A, B12 and D, salmon also aids red blood cell production and tissue repair. This is important as an increase in the cells helps the body bring in more oxygen and improves fitness performance.

**Try it this way:** Baked with a side of green veg.



### GOJI BERRIES

Used for thousands of years in Chinese medicine, these berries help increase energy, stamina and the body's ability to handle stress and sustain a healthy mood, mind and memory. Available in dried form in health and nutrition stores, they improve blood circulation, allowing your muscles and brain cells to be energetic in times of exercise stress.

**Try it this way:** Sprinkle over oatmeal or muesli for a power breakfast. Alternatively, you can drink goji juice on its own, or blended into a smoothie.



### SWEET POTATOES

These sweet spuds are a great source of carbs and sustain energy over a long period of time. Packed with vitamins C and E that help prevent cell damage, sweet potatoes possess high levels of iron and other nutrients that are ideal for intense physical training. Eat it at least 90 minutes before your workout to enhance muscle recovery – this will allow you to work out more efficiently.

**Try it this way:** Grilled, boiled or baked, as a side.



**AVOCADO**

Each avocado contains up to 15g of fibre, a combination of vitamins, mineral and phytonutrients, and more potassium than a banana – which is a key electrolyte for training as it helps maintain water balance in the body. Avocados are high in calcium and magnesium, both important nutrients for workouts, as it helps with the functioning of muscles. Made up of fat and sugar content, avocados provide a sustained level of energy and should be eaten approximately two hours before exercising, to give you an energy boost and keep you from feeling lethargic while working out.

**Try it this way:** Add to a salad, or eat with grated raw sweet potato for a double-barreled nutrition boost.

**QUINOA**

While many believe this is a grain, it is actually a seed! In ancient times, the Incas (pre-Columbian American tribe) believed quinoa increased the stamina of warriors. This gluten free seed is rich in amino acids – a complete source of protein and high in lysine, methionine and cysteine – which help build muscle, post-workout. A great option for vegetarians, it is high in folate, magnesium, phosphorus and manganese, and provides key nutrients needed if you exercise daily.

**Try it this way:** Eat boiled quinoa with a side of chicken and steamed veg, or include in a salad.

**POMEGRANATE JUICE**

A study claims that pomegranate juice can reduce post-workout muscle soreness as the potent plant antioxidant ellagitannin protects muscle fibre from damage. Research also suggests that pomegranate juice provides nitric oxide protection, which is useful for men who want to build up. Have it before working out to provide pump – a tight feeling in the muscles after working out – along with reduction in muscle soreness.

**Try it this way:** Drink one glass before your workout.

**WATER**

Water is a top priority when it comes to improving fitness levels, as it is important for temperature regulation, joint health, providing nutrients, and oxygen transportation to the body's cells. To find out how many litres your body requires per day (when inactive), simply divide your weight by 30. Depending on your activity levels and amount of fluid loss, you need to drink proportionately more water when exercising.

**Try it this way:** Drink one glass approximately 45 mins before training, the same amount while training (for a 30-45 min session of light weight training or treadmill) and 500ml after the workout.

**CHIA SEEDS**

These nutritious seeds contain essential fatty acids, anti-oxidants, minerals and fibre and are known to reduce fatigue caused after a cardio session. Apart from slow-releasing energy – caused by slow conversion of carbohydrates to sugar – these seeds have a positive effect on muscle tissue repair, making them heal faster before the next day's workout.

**Try it this way:** Sprinkle over porridge, salads and smoothies, or add to water and drink a few hours before working out.





# The Diet Diaries

If your New Year resolutions include shaping up after all the festive indulgences, then a diet delivery programme is a great way to get back on track. We road-test three of Dubai's top diet packages.

## Right bite

### Selective Plus package

**REVIEWED BY:** Sudeshna Ghosh

**THE PACKAGE:** One of the pioneers of diet delivery services in Dubai, Right Bite recently launched a range of new programmes including the Selective Plus, which is perfect for people with food intolerances. The full-day package includes breakfast, lunch and dinner, plus two snacks, with varied offerings from different cuisines – from Mediterranean and European, to Indian, Arabic and Asian – all cooked fresh daily.

**FIRST-HAND REPORT:** Always prone to yo-yoing weight, shifting the pounds seems to have become that much more difficult ever since I crossed the 3-oh mark. A busy work schedule because of which I didn't get to cook at home as often as I'd like, combined with frequent eating out as part of my job, and very little exercise, meant that I was definitely due for a shape up. I've

never been much of a weight loss person, preferring instead to measure myself with the not-so-scientific 'how well do my clothes fit' test. And in the last few months, I was barely able to fit into any of my old trousers and skirts.

Plus, ever since I was diagnosed gluten-intolerant, eating healthy had become even harder for me, and weekday lunches were particularly the most difficult – as I couldn't simply reach out for a sandwich anymore, and just a salad never quite cut it for me. So, what I was looking forward to the most, was not having to worry about what to eat in my next meal, and the convenience of having healthy food delivered to me.

Each package starts with a personalised consultation with a nutritionist, who reviews your goals and does an in-depth body composition

analysis. It wasn't so much of a surprise as it was a wakeup call for me when I learnt that while my weight falls within normal range, my percentage body fat was 'Extremely over', and my muscle mass was lower than what it should be. My nutritionist Nathalie said to me in very clear terms, that I would need to amp up my exercise habits if I wanted to see results from the diet, as my metabolism is really slow – and my daily 20-minute walks with the dogs wasn't enough!

I started off with their regular full-day package as the Selective Plus hadn't launched yet, and the month got off to a slightly rocky start with a few delayed deliveries and, as I should have expected, limited choices when it came to the food – especially breakfast, which was often big on wholemeal breads. But, nonetheless, I enjoyed the food, particularly the piece of cake I got to

enjoy most days as my afternoon snack – my 4pm sweet craving sorted, guilt-free!

By the time my Selective Plus options kicked in, I was thoroughly enjoying the food and with the frequency of meals, didn't really feel hungry or under-fed at any point. My meals were consistently delicious, varied, and never bland. Resolving to give this my best shot, I stuck to the diet diligently, and signed myself up for Zumba classes to get a bit more cardio. I loved Zumba and could definitely start feeling a difference by now. This was reflected in my mid-month consultation, which showed that my percentage body fat and body fat mass had decreased slightly. More importantly for me, my energy levels were higher, and I was feeling lighter overall.

In Week Three, however, I confess to cheating more than I should have, and exercise also took a bit of a backseat. Plus, with a few breaks in between with long weekend holidays, sadly, that meant that by the time I completed the programme, the results weren't that significant. But, I have only myself to blame, as, if I had stuck to the recommended exercise regime – and cheated less often! – I have no doubt that the change would have been more drastic.

By the time Week Four rolled around, I was starting to tire of the low-in-salt food at times, with the occasional craving for something a little more exciting. But, I was not looking forward to when I would have to go back to planning and cooking my own meals either. At the end of the programme, I was feeling better than ever, and my main takeaway from the experience was a kick-start to getting back on track when it comes to eating healthier – it's amazing how much of a difference portion sizes can make – and exercising more.

**THE VERDICT:** Even if my nutritionist wasn't entirely happy with my performance, I was satisfied with the programme – considering the effort I put into it. I was feeling lighter and looking leaner, and fitting better into my clothes. But, the ultimate validation came when others noticed the change – a colleague returned from a break and remarked that I had lost weight, and my sister noticed that I was looking slimmer in recent photos. Result! More than anything else, I would repeat the experience simply for the peace of mind that comes with knowing you are ensuring healthy eating with someone else taking care of planning, calorie-counting and cooking for you.

**NEED TO KNOW:** Full day packages cost from Dhs3,410 for a month, Dhs10 additional per day for the Selective Plus package. Visit [www.right-bite.com](http://www.right-bite.com) or call 04-3388763.



### TRY THIS

Here's how you can create a healthy Right Bite-style dish yourself:

#### Wheat-Free seafood pasta

SERVES 4

Clean **140g squid** and cut into rings. Cut the **200g red snapper fish fillet** into cubes and clean **140g shrimps** and wash well. Marinate all seafood with **salt, black pepper, bay leaves** and **40g lemon juice**. In a pan, heat some **olive oil** and sauté the squid and shrimps for about 5-8mins then add the fish and **320g cleaned fresh mussels** and sauté for another 10 mins. Then add **320g chopped tomatoes**, season it with **8g fish stock** and on low heat, cook for about 10 mins; at the end, add **8g chopped parsley**. To make the tomato sauce, make cross slits on top of a **400g fresh tomato**, blanch in hot water for 3 mins and then transfer to ice water. Remove the skin and chop into small pieces. In a large pan, sauté the **32g chopped onions, 16g garlic** and then add the tomato, **4g fish stock, 12g bay leaves, 2g salt, 2g black pepper** and **4g dry oregano**. Boil the water, add **220g gluten-free spaghetti** and cook for 10mins, remove from the heat and wash

in ice water. Add the cooked pasta to the tomato sauce and cook for a further for 5 mins. Place the pasta on the bottom of a plate then top with the seafood and garnish with **20g low-fat parmesan cheese** and **8g basil leaves**.

### DETOX WITH THE DIET

While I was on my health spree, I thought it would be the perfect opportunity to give my body a helping hand with a detoxifying treatment. Never a fan of invasive treatments like colonic irrigations, I opted for the fuss-free alternative, the Elemis Body Sculpting and Cellulite treatment at Sensasia spa. Targeted at sluggish digestive systems and fluid retention, the treatment involves a dry body brushing to boost blood circulation, followed by a fennel and birch body mask which has a diuretic effect, and a thorough abdominal massage which follows the line of digestion to aid cleansing of the colon. Combined with a relaxing scalp massage and finished with the application of a sculpting cream that aids lymphatic drainage, the treatment is not at all uncomfortable. I left feeling lighter and less bloated, and utterly relaxed.

Dhs540, visit [sensasiaspas.com](http://sensasiaspas.com) for locations and to book.



## The Health Factory Miracle Program

**REVIEWED BY:** Odilaine Mejorada,

**THE PACKAGE:** Tailored towards those who are looking at losing weight or just wanting to stay in shape, the programme consists of five meals that are delivered to you in a cooler bag six days a week (excluding Fridays). Meals are mostly made up of Spanish, French, Arabic, Italian, Asian and Indian cuisine – a great variety for everyone – while snacks included pastries, cakes and fruits.

**FIRST-HAND REPORT:** Although I cook at home daily, I love snacking on crisps and sweets and over-indulging on weekends, which means I had some extra kilos I was desperate to get rid of. My goal was to lose weight – but in a healthy manner – without skipping meals or depriving myself of certain foods. A session with a consultant nutritionist was done prior to starting the diet, where I met with my dietician Chirine Watfa who analysed my body mass, fat and required body weight. I was told I needed to intake 1,300 calories per day – the Miracle packages are divided into three categories, depending on calorie requirements, I was on the Miracle 1 package – and exercise three times a week. She suggested brisk walking or group classes which would give me a cardio workout. I had one day in the weekend when I could eat whatever I wanted, however I had to make sure the foods were eaten in moderation.

I was sent over a meal plan for the next four weeks (you can also opt to make your meal choices on a weekly basis). The bag was delivered on time every day, and the food always tasted fresh.

In Week One, my body was trying to adjust to the change and particularly the small meal portions. Initially, the food took some getting used to, as I found it quite bland – being Filipino, I'm used to eating food that is quite spicy and heavy in sauces and oils. I did feel a lot lighter, and exercised (walking) only once, but successfully stuck to the package meals, without cheating even once!

Week Two came by quickly and I followed the advice given by the dietician, throughout the week. I started doing Zumba on my Playstation at home, and I was really enjoying it. I was also starting to get used to the food, as my tastebuds seemed to be getting adjusted to the lighter flavours. I really enjoyed some dishes like steamed fish and roasted vegetable salad – who knew healthy food could be so delicious?

My first follow-up check-up was this week, so I was a bit excited as I weighed myself before going



in, and saw that I had lost over two kilos – making me wonder if my weighing scale was accurate! Upon weighing myself at the clinic, I realised it was, and I really had lost 2.5kgs in just ten days! I think the main difference was due to the fact that I used to eat rice every day before the diet, but on this programme, I only ate rice a couple of times a week, and that too, brown rice.

In Week Three, my colleagues and friends began noticing changes, and complimented me on my successful weight loss. This kept me all the more motivated. I did find it hard to exercise this week due to busy work schedules, but I felt that because the meals were light and had smaller portions, it kept me feeling more energised.

By the end of week 4, towards the end of the programme, I was scheduled in for my last consultation and was glad to find out I lost 4.5kgs in 4 weeks. My dietician told me that I would have lost more weight if I had combined the diet with a proper exercise regime.

**THE VERDICT:** I was really pleased with the results of my diet, and even though I didn't reach the amount of weight loss required for my body, I lost almost 5kgs in a month, which I believe is a great achievement. Overall, it made me more disciplined and conscious of what I ate post-diet. When I dined out over the weekends, I found myself immediately rushing home to either exercise using the Playstation or doing some sort of activity, so that I could stay in shape. I liked that I ate fresh salads and fruits during the diet and so tried to keep up with that as well. The diet is really

convenient for working people, as it saves time when it comes to planning meals and shopping for groceries for daily cooking.

**NEED TO KNOW:** The Health Factory Miracle packages are available for Dhs2,950 per month, inclusive of consultation, full body analysis, and regular follow ups. Call 04- 3473808.

### TRY THIS

Here's how you can create a Health Factory dish yourself:

#### Couscous vegetable salad with thyme

SERVES 4

**Place** 60g uncooked couscous grains in a pan and top with **60ml hot water** (the water should be level with the couscous) and soak until the water is absorbed into the couscous (around 10 mins). Cut **30g red capsicum** and remove seeds. Place on a roasting tray and roast for 15mins at 180C. Allow to cool down, and remove the skin, then dice into small cubes. Cut **30g zucchini** into small cubes and grill for 5mins. Slice **50g light halloumi cheese** and grill until golden. Mix the couscous grains with **6g olive oil**, **12g lemon** and **3g salt**. Add the vegetables to the couscous and mix together, adjust the salt and pepper to taste. Cut **6g cherry tomatoes** into wedges and garnish with the grilled halloumi cheese, **3g pomegranate** and **3g fresh thyme**.

## Live'ly Gourmet Package

**REVIEWED BY:** Nicola Monteath

**THE PACKAGE:** The Gourmet Package includes five meals daily, and is ideal for someone who enjoys a variety of cuisines. Recommended for those with medical conditions or are picky eaters, there are up to five choices for most meals, and mix and match options for breakfast. The package is for seven days of the week – no cheat days! – and all meals were delivered in a bag every morning, along with the breakfast for the next day.

**FIRST-HAND REPORT:** Going into the diet, my aim was to lose a couple of kilos, but more importantly, to eat healthy and understand meal timings and portion sizes. Being in my early twenties, I could feel my lifestyle starting to show on my waistline – I dine out approximately four times a week, rarely find time to prepare lunchboxes for work, and often treat myself to midday snacks like a bag of crisps.

A week before starting the diet, I went in for a consultation to do a body composition analysis, and met with my dietician Tina Chagoury. I was shocked to find out my fat mass was over the normal range, while my muscle mass was just under. The nutritionist noted down my food preferences and lifestyle habits, and told me that I needed to exercise at least 30mins a day, thrice a week, and under no circumstances was I to reach out for unhealthy snacks. My major concern was that I had no cheat day, however my nutritionist informed me that I would be able to indulge once a week – if she saw results. Simple rules to follow, such as the ideal time gaps between meals, were provided in the welcome pack, while once a week, the menus for the week ahead were emailed and sent with my bag.

In Week One, I chose a combination of beef, fish and chicken dishes. While I relished the fish, I found the beef too lean for my liking. I felt lighter overall, but couldn't see my energy levels picking up. I also realised I felt hungry, even though I was eating much more than usual, but this was all in my head, as I saw small meal portions and knew that the only other foods I was allowed to eat were the free foods that were in the handbook – diet sodas, sugar-free lollipops and ice lollies – none of which I generally consume. I managed to run only twice the whole week, but walked a lot during my shopping trips and did jumping jacks daily.

In Week Two, I cheated twice and exercise was merely a walk, and doing jumping jacks at home – I was determined these would help! I found the

meals delicious with an abundant variety in cuisines, from Italian, Asian, Arabic and Indian. My favourite dishes were the baked and grilled fish covered in spices and fresh herbs, dressed in sauces such as tahini, caramelised onion and ginger and soy, and paired with grilled vegetables – I even attempted to recreate these at home, after the diet had ended. All desserts and snacks were delicious and included treats like tiramisus and other cakes.

Week Three was the weigh in, and I was a bit nervous at first, but was excited to find out that I put on 200g of muscle mass and lost 700g of fat mass. After seeing these results I wanted to stick to the diet strictly! I found myself socialising less – especially when it came to eating out – as I wanted minimum temptation.

Week Four consisted of no exercise at all due to a busy few days at work, but I stuck to the meals and cheated only once. I was a bit disappointed at my consultation results this time, as I had put back on the 600g fat mass that I lost, but managed to increase my muscle mass by 100g.

**THE VERDICT:** I didn't reach my goal and this is primarily due to the fact that I didn't exercise as much as I was supposed to. However I ate healthier, felt much lighter, and got an understanding of portion sizes. Overall, it was a great learning experience, and I can truly say that I miss the convenience of the meals and not having to go through the hassle of preparing them myself.

**NEED TO KNOW:** The gourmet menu meal package is for 28 days and available for Dhs3,800, inclusive of the consultation with the dietician, full body composition analysis and weekly follow-ups. Visit [www.lively.ae](http://www.lively.ae) or call 04-3481008.

### TRY THIS


Here's how you can create a healthy Live'ly dish yourself:

#### Fish fillet with tomato and olive sauce

SERVES 4

Heat **4 tsp olive oil** in a sauce pan and add **1 red onion**, finely chopped, **2 garlic cloves**, finely chopped, and **1 red pepper**, deseeded and chopped. Cook over low heat until soft but not coloured. Stir in **2 tbsp white vinegar** then add **350g plum tomatoes**, peeled and chopped, **1 tbsp fresh parsley**, chopped, **1 tbsp fresh thyme**, chopped, and **1 bay leaf**. Season to taste with **salt** and **pepper**; cover and simmer



for 10 mins, then stir in the olives. Put the cover back on the pan and let it simmer. Preheat the grill to medium hot, place **700g fish fillet** (cod or haddock) in a medium bowl, add **4 tsp olive oil** and season with salt and pepper then toss well to coat. Place the fish on a baking tray, and grill in the oven, without turning for 2-4 mins until the flesh flakes easily. Divide the sauce between four warmed plates, top with the fish, garnish with lemon rind and parsley, and serve. 





# Drink to your health!

Herbal teas are known to possess a multitude of nutritional benefits. Nicola Monteath speaks to tea experts to find out what teas you should be drinking.

**T**he most common misconception people have about herbal teas is that they believe that it is the same as pure tea – which is black, white or green tea. Pure teas are made from a plant called *camellia sinensis*, whereas herbal teas are a mixture of herbs, dried leaves, seeds, nuts, bark, fruits, and flowers. “Herbal teas are an infusion or decoction of selected herbs and spices and are always non-caffeinated,” explains Dammika Abeysinghe, Tea sommelier at The Ritz-Carlton, Dubai.

While drinking herbal teas can help you reap several nutritional benefits, it is also a natural remedy to combat certain health problems. And since they usually contain no caffeine, they are

ideal to sip throughout the day to target specific health issues. “Herbal teas have medicinal properties, and can have positive health effects, such as calming and de-stressing. Some herbal teas have antispasmodic (suppresses muscle spasms) and antioxidant properties,” says Hala Barghout, nutritionist at Platform3 fitness centre.

To be able to maximise the benefits, Hala recommends drinking herbal tea at least once a day for three months. However, she adds that with some teas like chamomile and peppermint, the effects can be seen within 24 hours itself. Here we take a look at ways in which herbal teas can help promote your wellbeing.

## IMPROVE DIGESTION

Ever noticed how in some cultures, a comforting cup of tea after lunch or dinner is mandatory? Certain herbal teas can aid digestion, help suppress bloating and enable regular bowel movements, making them perfect for consumption after a meal. “**Jasmine tea** – a combination of green tea leaves and jasmine flowers – has long been used for its relaxing properties, and is soothing to the digestive system. This tea also helps lower cholesterol levels, making it an ideal beverage to sip after a meal,” says Hala. The tea, which originated in ancient China, has a floral aroma that is derived from jasmine blossoms.

**Ginger tea**, made from the root of ginger, has muscle relaxant properties that aid digestion, as it eases gas trapped in the digestive system. It also keeps you from immediately bloating after a heavy meal.

**Peppermint tea** is another herbal tea that aids digestion while soothing an upset stomach and helping with flatulence. "It relieves symptoms of irritable bowel syndrome because of the peppermint oil, and is great for combating bad breath because of its mint component," says Dammika. Made from a blend of peppermint and spearmint leaves, peppermint tea contains herbal carminatives – herbs rich in oils that stimulate muscle contractions in the digestive system.

### BANISH CRAMPS

If you generally choose a painkiller to soothe pain, try a natural remedy such as chamomile tea, which has anti-inflammatory properties and helps calm nerves. **Chamomile tea** has been used as a healing drink for centuries, and is created from the flowers of German chamomile (*Matricaria recutita*) – a member of the sunflower family.

**Rooibos tea**, grown in South Africa is also known to relieve cramps. "It contains similar amounts of polyphenols (an antioxidant) as green tea, is rich in vitamins and flavanoids and has anti-inflammatory and anti-viral benefits," says Dammika. Drink rooibos like black tea, by adding a little milk and sugar to taste, or with a slice of lemon and honey.

### BOOST YOUR ENERGY

Teas such as ginseng and ginger help stimulate the circulatory system, giving a lift to both energy levels and moods. **Ginseng tea** is made from the perennial plant ginseng, which contains a compound known as ginsenosides which helps boost stamina and improves cardiovascular health.

### CALM YOUR NERVES

Stress can be managed by eating well and exercising, but if you need a quick fix to calm nerves or mood swings, a cup of ginseng tea should do the trick. Ginseng has traditionally been used in Chinese medicine and is also known to help with mental exhaustion and physical stress, leaving you feeling peaceful and calm. These benefits can help you think with a clear mind, as the herb is also known to boost memory while getting rid of fatigue.

### IMPROVE IMMUNITY

Ginsenosides found in ginseng tea helps fights infections by increasing the number of white blood cells in the body, and is known to help

lower the risk of lung, liver, ovarian, pancreatic and stomach cancer. It also contains components called saponins that are beneficial to the heart and immunity system.

**Chamomile tea** also helps boost immunity, as the chemical compound in it increases the body's production of white blood cells, to destroy bacteria and viruses. Ginger tea is another great option as it is rich in phytochemicals – a part of a plant that helps boost the immune system.

### BEAT THAT COLD

**Ginger tea** is great for relieving congestion in the system – caused by colds – as it shrinks the blood vessels in the nose, and is also a great source of vitamin C which is an important nutrient in fighting cold and flu infections. Loaded with

antioxidants and minerals, ginger tea has a strong aroma and a zingy flavour which has a clearing effect as soon as you get a whiff of it. Drink it with honey and a bit of lemon juice for best results.

### CURE INSOMNIA

While adding drops of lavender oil to your pillow might help you dose off, why not drink **lavender tea** instead, and get additional health benefits as well? The herb is known to have calming properties and helps relieve headaches and exhaustion, allowing you to get a good night's sleep.

Hala also recommends drinking **chamomile tea** as it has a natural sedative, and **rooibos tea** as well, as it can help with disturbed sleep patterns and headaches. ☐

## KNOW YOUR TEAS

PURE TEAS ALSO OFFER HEALTH BENEFITS. HERE ARE SOME OF THE NUTRIENTS YOU GET FROM THE MOST COMMONLY CONSUMED TEAS:

**Green tea** This tea is rich in antioxidants and polyphenols such as EGCG that lowers bad cholesterol levels and inhibits cancer cells. Drink around six to eight glasses a day for maximum benefits.



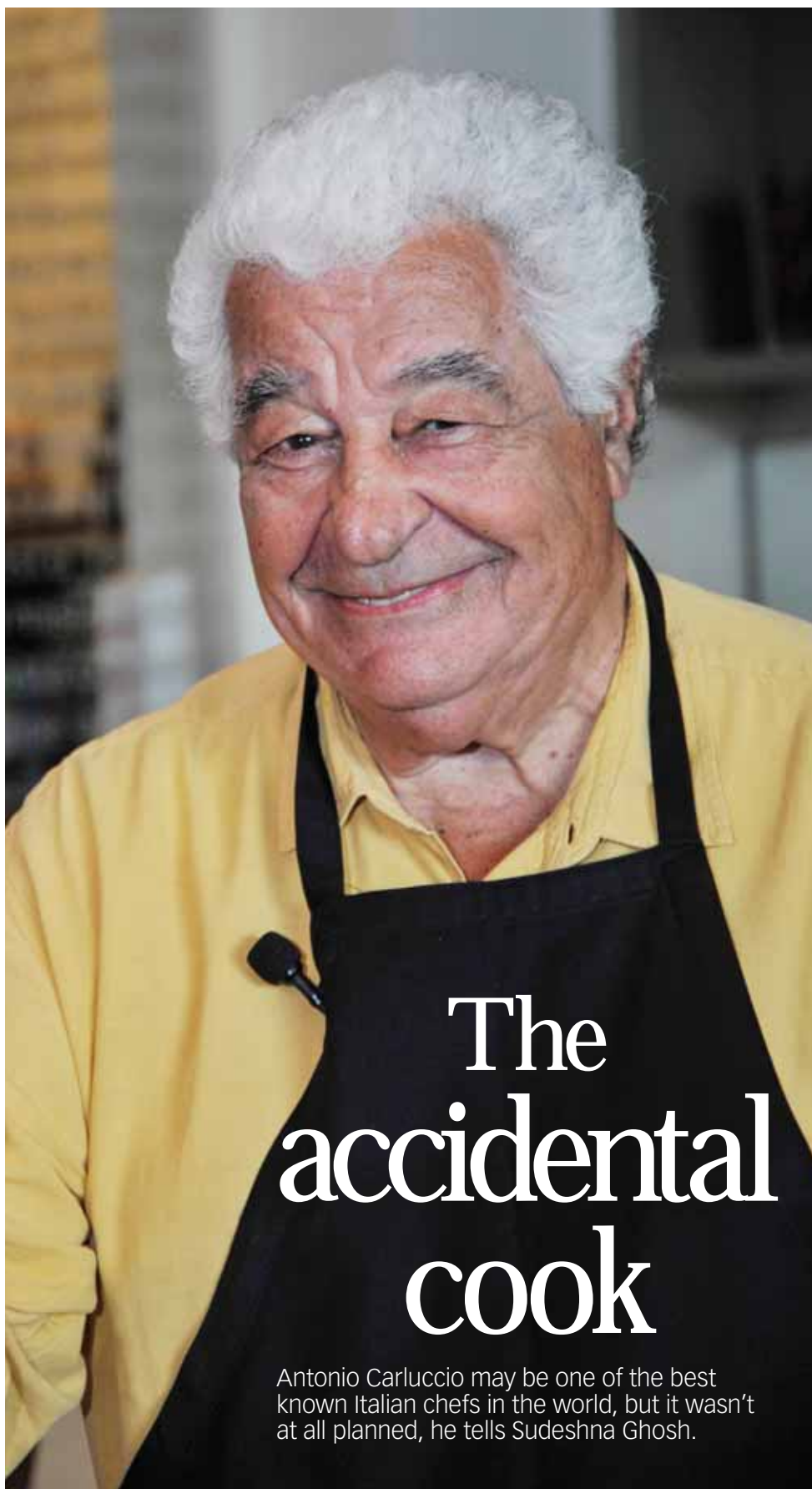
**Oolong tea** This fragrant tea has been used in China for over 400 years and is rich in antioxidants and vitamins A, B, C, E and K. Studies have revealed that regular consumption of the tea over six weeks can lead to weight loss.

**White tea** Originally found in China in the Fujian province, this tea is now grown in Taiwan, Eastern Nepal and Northern Thailand. Studies show that white tea reduces high blood pressure and hypertension, as well as cholesterol. It also has the lowest caffeine content compared to the other pure teas.



**Black tea** Your morning cuppa is not only refreshing, but good for you too! Black tea helps lower the risk of heart disease, as it is rich in flavanoids and antioxidants. It also increases energy, fights viruses and makes a great digestive aid – it has a therapeutic effect on intestinal and gastric illnesses – as it contains a substance known as tannins.





# The accidental cook

Antonio Carluccio may be one of the best known Italian chefs in the world, but it wasn't at all planned, he tells Sudeshna Ghosh.

He is known worldwide as the Godfather of Italian cuisine, but it isn't necessarily a moniker he is particularly fond of, himself. "I prefer to be known as an ambassador of Italian cuisine instead," says Antonio. If you ask me, I'd nickname him the Grandfather of Italian cuisine – with his lined, kindly face, gentle manner, wild crop of white hair, and fondness for feeding others, it seems to suit him perfectly (even if it may not seem as prestigious!). The well-loved and respected chef has done his bit for spreading awareness about authentic Italian food around the world for over 50 years now. But this colourful culinary career wasn't something he had intended for.

"My mother was a fantastic cook, and I missed her cooking when I was studying in Vienna, so that is how I started cooking in the first place," Antonio tells me, looking back to his days of cooking pasta suppers on a two-ring stove. "Then, when I was working as a wine merchant in London, I won a competition by pure chance – and became a cook." The rest, as they say, is history.

I noted his interesting use of the word 'cook' to describe himself, and not chef, and pat came the answer, "I'm not a chef, I am a cook. I believe my food is something that can be recreated in any home kitchen."

## A 'MUSHROOMING' CAREER

He may have turned pro purely by chance, but his connection with food goes back to his childhood, spent growing up in Northern Italy (he was born on the Amalfi coast in the south). "In Italy, as a child, you learn to collect mushrooms – it's a national sport. My earliest food memory is carving sticks to take to the woods for mushroom picking," he reminisces. "Mushrooms can be elusive. You have to hunt for it, and when you come home with a basket of freshly picked mushrooms, you get a wonderful dish," says Antonio, while sharing with me a perfect example of how delicious a fresh mushroom salad can be, as we chat. Asking for a plate of fresh mushrooms from the restaurant team, he casually slices them while talking away, then drizzles some lemon juice over and hands it to me – the taste was enough to transport me from the sunny outdoor terrace of his Dubai restaurant to the mountains of Piedmont in autumn.

When he moved to London, he discovered that this tradition of mushroom-picking didn't really exist in the English culture – even though there were plenty of good mushrooms to be had, just outside the city limits apparently. Doing what came naturally to him, he went mushroom picking in England too,

which then turned into a signature of sorts for him, something of a culinary trend.

While the passion for picking wild mushrooms – an outdoor adventure that requires an intimate knowledge of the territory as well as the different types of mushrooms – may exist throughout Italy by no means is the cuisine homogenous. “We have 20 different regions, and each has its own cuisine,” explains Antonio. “The differences are enormous – southern Italy has a great deal of Arabic influence, for example. They use pine kernels and raisins in a lot of food, and work with fish a lot. Taralli, a dessert of fried sugar balls, is very similar to an Arabic dessert I’ve had here. Up north, the cuisine is influenced by Germany and Austria, with things like dumplings featuring heavily in their food. Milan and Venice, on the other hand, focus on rice and risottos.”

The fierce loyalty Italians feel for their regional uniqueness – particularly when it comes to food – is well documented. “It is no different when it comes to wine,” says Antonio. “You will seldom find a bottle of Barolo in Sicily, for example.” Which is not to say that over the years, the different regions haven’t influenced each other. “Pizza and panettone travelled from south to north,” Antonio says.

But there are some things that are, of course, common to all Italians – such as pasta (See Perfect Pasta to get Antonio’s advice on making the perfect pasta). And herbs like basil, rosemary, oregano and garlic. In fact, this sort of a classic combination of flavours, which no one can go wrong with when cooking, is probably what makes Italian cuisine universally popular, in restaurants and home kitchens alike.

“Italian is pleasurable, simple to prepare and doesn’t have to be too expensive. It also lends itself to spontaneity, and creating new recipes,”

Antonio explains. “I like to create new dishes which are Italian in root, and often surprise myself with my food.”

### KEEPING IT SIMPLE

Describing himself as a “purist of Italian food”, Antonio sums up Italian cuisine as “simple dishes cooked perfectly”. If you get it right, then just a bit of perfectly cooked pasta with some cheese is enough to make a sublime dish. Or, take Antonio’s ultimate comfort food for instance – Pasta fagioli, or bean soup with pasta. “It’s a peasant dish, but it is now coming back into restaurant menus. If it’s cooked perfectly, it is delicious,” he says.

Simplicity seems to be a recurring theme for Antonio when it comes to food, something he has succinctly summed up in his self-coined motto MOF MOF – Minimum of Fuss and Maximum of Flavour. This philosophy is explained in rich detail in his latest book, the autobiographical *A recipe for Life* (Hardie Grant books). “I don’t hide anything, I just tell,” he says.

Not one to rest on his laurels however, when asked when he plans to stop working, he doesn’t have an answer. With another new book – the prolific cookbook author has written over thirteen already – TV shows and global appearances in the pipeline for this year, it doesn’t look like it will be anytime soon.

## SIGNATURE RECIPES

### Spaghetti aglio, olio e peperoncino

SERVES 4

360g spaghetti or linguine pasta

Salt

12 tbsp olive oil

4 garlic cloves, peeled and finely chopped

2 small chillis, de-seeded and finely chopped

**1** In a saucepan add water and salt and bring to boil. Add pasta and stir for about 5-6 mins or until nearly done.

**2** Make the sauce by heating olive oil in a deep frying pan. Add the garlic and chilli and fry for a few seconds, or until the garlic starts to change colour (make sure not to burn it).

**3** Drain the pasta and add it to the sauce, adding a little more salt and 1-2 tbsp of the pasta cooking water. Stir a couple of times and serve.

#### Chef’s tip:

Add a burst of flavour by adding a few anchovy fillets fried in the garlic and chilli. You could also add a tsp of capers and sliced green olives, and top up each plate with bottarga (dried and salted tuna or grey mullet roe).

### PERFECT PASTA

**Follow Antonio’s tips on getting it right when it comes to cooking pasta:**

Don’t overcook the pasta. The right measurements for cooking pasta is 1 litre of water for every 100g of pasta, and 10g salt. You don’t need to put olive oil when cooking pasta, that is a myth – all you need to do is just stir it to prevent clumping. You only need to use olive oil when making pasta sheets – use it when putting the sheets into water.







## **Penne giardiniera**

SERVES 4

**500g spinach, cleaned and tough stalks removed**

**2 eggs, beaten**

**Salt and pepper**

**Pinch of freshly ground nutmeg**

**1 tsp garlic, finely pureed**

**100g fresh white breadcrumbs**

**50g Parmesan, freshly grated**

**Olive oil, for shallow frying**

**500g penne regine**

**80g butter**

**20g red chillis**

**600g courgettes**

**20g garlic, peeled**

**240g grano padano cheese**

**1** Blanch spinach in salted boiling water for 2 mins and drain. Squeeze out water, using your hands or pressing in a sieve, and chop leaves finely.


**2** In a medium bowl, add the spinach and stir in the eggs, pinch of salt, pepper, nutmeg, garlic, breadcrumbs and Parmesan. Mix well until you achieve a binding consistency. If the mixture is too wet, add an extra tablespoon of breadcrumbs.

**3** Pour olive oil into a frying pan to cover the base generously, and heat.

**4** Roll the mixture into little balls – the size of walnuts – and shallow-fry the spinach balls in the hot olive oil until golden, about 4-5 mins per side. Drain on paper and set aside.

**5** In a saucepan boil water and salt. Cook the penne regine until al dente, this should take approximately 10 mins.

**6** Grate the courgettes and finely dice the chillies and garlic.

**7** Heat butter in a pan, and sauté the chillies and garlic. Add the grated courgettes and fry for about a minute. Then add the cooked pasta to the pan and toss. Sprinkle grated parmesan cheese on top, season and serve with six spinach balls on top of each portion. 



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MY KITCHEN

# Nadia Sawalha

British actress and TV presenter Nadia Sawalha has been looking around other people's kitchens for her shows. Now she opens her own doors to Holly Brooke-Smith. Photographs GEOFF WILKINSON

**N**adia Sawalha made her name as Annie Palmer in *EastEnders*. In 2007, she won BBC's *Celebrity MasterChef*, and has since presented TV series such as *Eating in the Sun* and *Saturday Cookbook*. She lives in London with her husband, producer Mark Adderley, and daughters, Maddie, nine, and Kiki-Bee, four. Nadia's latest series, *Kitchen SOS*, co-presented with Kerr Drummond, is currently airing in the UK.

## What did you start with?

I moved in eight years ago, having bought the house when I was in *EastEnders*. My parents live next door, and I bought it without seeing it. When I first walked in, everything felt old – there was orange paper and fake dark wooden doors everywhere.

## What did you change?

We gutted the kitchen. It was originally two rooms with a lino floor, and there was no French door. What I wanted most was loads of cupboard space and lots of work surfaces, and

they had to be easy to clean – so that's the granite. I'm so messy; I just hurl spices around. I really like wooden-topped kitchens, but I would strongly advise against them if you cook a lot with spices, as they leave marks.

## What's your cooking style?

When I'm in the kitchen, I am de-stressing. I love having lots of pans on the go at once – if I've got four or five different pots, then I'm focusing, stirring and concentrating. I'm not thinking about work.

## Gadgets or heirlooms?

I used to be a real throwaway person, but as I get older I'm finding that I'd like to pass on more heirlooms, like the roasting tin that gets the best roast potatoes. My pots and pans are not particularly beautiful, but there's something great about a pan that has been worn out by someone else.

Having said that, after I saw the Neff SlideAway oven door while filming *Kitchen SOS*, I just had to buy one. It arrived on

Christmas Eve, and Mark managed to install it himself, after seeing it go into all the houses in the programme.

## Favourite thing?

I love my table. I'd been looking for the right one and bought this a few years after I moved in. There's been a whole life built up around it. When I was a child, we spent so much time around the kitchen table at home. Furniture holds those memories. Nothing makes me happier than having ten people around that table for a big Sunday lunch, all laughing and drinking wine together.

## Anything on your wish-list?

So many things! If I had a blank canvas I would install a tap that has ready-to-go boiling water in the sink. I'd knock down the external wall to make sure I could fit in a pullout larder. I also recently discovered drawers that fit around the U-bend, under the kitchen sink. I've seen so many good ideas from helping people change their kitchens on the show.





Nadia's kitchen leads straight to her leafy garden

### Do you spend much time in here?

I cook all the time, I do my recipe testing here and all the cooking for the family, and I wrote both my books at the kitchen table looking out at the garden.

Mark and I run our own production company, so we often work on new ideas at the table when the children have gone to bed. Our series Eating in the Sun was thought up at the kitchen table, as was our new project, Nigel Slater's Sweet Tooth, due to air this autumn.

### Last word?

The kitchen is everything to me – if I could get a mattress down (and my husband didn't freak out), I would actually sleep in here. I'm always happiest in the kitchen. As a child, we had a really busy kitchen, so that's what I always wanted for my family. **GF**



Spices and condiments are neatly tucked away

## GET THE LOOK



Nadia uses silicone baking moulds in creative ways such as making individual ice cream servings. Silicone oven- and microwave-proof muffin cups, Dhs42 for a set of 12, at Harvest Home.



Live up your kitchen with your favourite tunes with the Philips digital tuning sound machine radio. Dhs359 at all leading electronic stores.



Keep fresh fruits handy in an elegant bowl, like Nadia does in your kitchen table, to have healthy snacks on the ready for all the family, Dhs229, at Crate and Barrel.



Nadia loves gathering her family around the kitchen table. This Bordea din arm chair, Dhs1,995, at The One, is inviting and comfortable.

### NADIA'S TIPS

- Spices should be kept in the cupboard, in the dark, so they don't spoil. Why do they come in clear bottles? I think they should be sold in opaque ones.
- My dishwasher is near the plate rack. I've seen some kitchens where you have to trail across the kitchen to put things away – that makes no sense.
- If you love something, then just buy it – you'll probably never see it again!
- I really like my little silicone baking moulds (see above). I use them when I'm making rose-flavoured ice cream. You can pop them out so easily, and they look great on individual plates.





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# TASTE OF THE world

All the foodie news from around the globe.

## Sail away

Love the idea of luxurious boating holidays, but wondering how you can afford them? Now with [lateboat.com](http://lateboat.com), exploring Europe's loveliest inland rivers and canals in relaxed luxury just got a whole lot easier – and more affordable. Explore the tranquil countryside and charming villages of UK and Europe and discover local cuisine and vineyards in an intimate, personalised manner, in your very own luxuriously appointed cruiser. Whether it's the waterways of Ireland, Belgium, France or Germany, and whether you are checking out local restaurants or shopping for ingredients at the markets to cook up your own feast on the boat, this is truly one of the most unique experiences for the world-weary foodie traveller. Prices start from £580 (around Dhs3,470) for seven nights, visit [lateboat.com](http://lateboat.com).



## Foodie fun under the Caribbean sun

If you needed an excuse for heading to the Cayman islands, other than its postcard-perfect beaches, then the Cayman cookout is it! Being held at The Ritz-Carlton Grand Cayman, the four-day festival hosted by French chef and TV personality Eric Ripert, will take place from January 17 to 20. You can dine with international celebrity chefs including Anthony Bourdain, check out culinary demonstrations, and beverage tastings. Event prices start from \$119 (around Dhs440), visit [caymanislands.ky](http://caymanislands.ky).

## SWISS HERBS

Modern luxury meets natural goodness at the award-winning Dolder Grand hotel in Zurich with the introduction of their new herb garden. Chef Heiko Nieder and Executive Chef Gion Fetz have gotten together with the hotel's gardener to plant up to 40 different herbs in the garden – including exotics such as Organce Spice and Thymus Hybridus Ginger – which they use both in the gourmet cuisine of the Michelin-starred restaurant, as well as to make herb-infused cocktails. [www.thedoldergrand.com](http://www.thedoldergrand.com).



## Another award for Hotel Sacher Wien



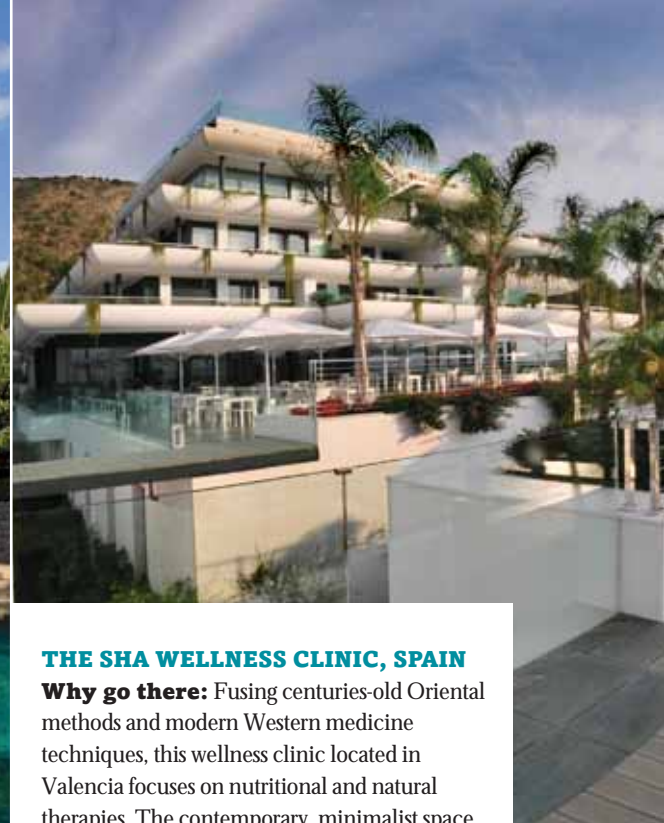
The home of the renowned Sacher Torte has scooped up another accolade by being chosen one of Fodor's 100 Hotel Award 2012 winners. The award, from one of the most well-respected travel guide books and websites, recognises them as an Outstanding Hotel offering a one-of-its-kind experience. With its plush, old-world interiors, exemplary service, and of course, *that* cake, we can second that! [www.sacherwien.com](http://www.sacherwien.com).



## A gastronomical weekend

Add some culinary flair to your luxury weekend getaway by booking in for one of the newly launched cooking classes at the uber-luxe Anantara Qasr al Sarab desert resort. You can learn about Emirati cuisine from expert chefs in the personalised classes – they start with hand-picking ingredients in the morning, which you then cook up under their tutelage, to enjoy what you've cooked over lunch or dinner. The classes include a lesson in making Turkish coffee and Moroccan tea, for that authentic Arabian touch. Dhs550 per class, room rates start from Dhs2,200 per night. [anantara.com](http://anantara.com).





## THE SHA WELLNESS CLINIC, SPAIN

**Why go there:** Fusing centuries-old Oriental methods and modern Western medicine techniques, this wellness clinic located in Valencia focuses on nutritional and natural therapies. The contemporary, minimalist space, nestled on a mountainside overlooking the Mediterranean sea, will make you feel like you are treating yourself to a well-deserved vacation in a luxury resort. The Sha method used in the clinic helps enhance the quality of life – physically and mentally – by slowing down the ageing process, with the help of a macrobiotic diet and natural therapies, while educating you on the nutrition and exercise regime required to help you reach your goals. Lectures, yoga sessions, macrobiotic cooking and laughter therapies are just some of the therapies offered.

The detox programme is specifically meant for those who are stressed, or lead a toxin-filled, unhealthy lifestyle, consume excessive coffee and alcohol, or have poor dietary habits, with all stays beginning with a medical consultation, to tailor the programmes specifically to your needs.

Aiming to provide vitality through nutrition – think, an organic, macrobiotic diet made up of Mediterranean and Japanese cuisine – and activities such as yoga, tai chi, walks and healthy cooking lectures, as well as the use of a hydrotherapy pool, sauna, Roman and Turkish bath and foot baths. Lymphatic drainage, hydro-colon therapy and acupuncture sessions ensure that you are physically, spiritually and mentally cleansed by the end of the programme.

All programmes also offer an aesthetic consultation, collagen test and aesthetic and dental health consultation.

**Dial D for detox:** Prices start from €1,850 (around Dhs9,800), for a seven-day programme. Visit [www.shawellnessclinic.com](http://www.shawellnessclinic.com), or call +34966811199 for more information.

# Do a detox spa-cation!

Give your body a much needed detox after the festive season and kick-start 2013 on a healthy note, by heading to one of these luxurious destination spas.

## CHIVA-SOM, HUA HIN, THAILAND

**Why go there:** Scenic views of the blue ocean, lush tropical greenery, swaying palm trees, and a seriously luxurious ambience make this place a great choice if you prefer a tailor-made health makeover, without compromising on the mod-cons. With a variety of different treatments and retreats available, there's something for everyone at this award-winning spa resort.

But, for the ultimate detoxification regime, you need look no further than Chiva-Som's Art of Detox retreat, which combines dietary changes and colon hydrotherapy to thoroughly cleanse your body from the inside, with daily herbal and nutritional supplements. Along with Chiva-Som's award winning spa cuisine meals, you will feel

energised and nourished. In addition, steam, jacuzzi and sauna facilities help you flush out toxins from the system, while professional trainers teach you breathing techniques including pranayama, and stretching, to optimise the detoxification. It's not all hard work however, as there's also pampering spa treatments to help take the edge off! The best part? You get to take a piece of Chiva Som home with you from the Art of Detox cooking class – a key element of the programme, where you learn to cook healthy dishes to remain on track for the year ahead.

**Dial D for detox:** A minimum stay of five nights is required, from THB120,000 (around Dhs14,385) for the package. Visit [www.chivasom.com](http://www.chivasom.com) or call +6632536536 for more.





Sha wellness Clinic

**VIVA MAYR, LAKE WORTH, AUSTRIA.**

**Why go there:** When a clinic wins the award for 'best hard-hitting results' at the Tattler Spa awards, you know they are guaranteed to offer successful results. Located on the shores of the beautiful Lake Worth, Austria, the Viva Mayr clinic offers medically-based treatments in a tranquil setting with picturesque views, and sunny southern Alpine climes. Viva Mayr's programmes aim to teach you the significance of good digestion and eating habits – with detox being the focal point.

Most programmes at Viva Mayr are targeted at tackling allergies and ageing, or promoting beauty and vitality with various medical treatments and exercise therapies offered for each, and a firm focus on educating guests on how to eat right.

If detoxification is on your mind, the Mayr therapy programme is perfect. It analyses your body's biological age index and identifies the amount of weight loss required for optimum health. The package includes a vitality assessment, individual exercise, fitness training, massages, baths and nutritional consultation, along with hyperthermia treatment (which lowers blood pressure and removes blockage of fatty tissues in the lymphatic system to aid weight loss), and manual abdominal treatments to support the detoxification process.

**Dial D for detox:** The price for a standard room starts from €175 per night (around Dhs845), while treatments start from €90 (around Dhs480) per night. Visit [www.viva-mayr.com](http://www.viva-mayr.com), or call +43(0)4273311170 for details.



Viva Mayr



Palace Merano

**PALACE MERANO ESPACE HENRI CHENOT, ITALY**


**Why go there:** With mountains and lush greenery as a backdrop, this uber-luxe spa clinic is ideal for a lavish European-style retreat. Located a few steps away from the central city of Merano, Palace Merano Espace Henri Chenot opened its doors in 1906, but it was only in 1972 that the spa centre was created, and in 2000, the wellness centre extension added.

Known as one of the most prestigious spa resorts in Europe, the hotel resembles an actual palace, taking luxury and wellness to a whole new level. Here the concept of wellbeing is referred to as biontology – a term created by Henri Chenot which states that it is a type of science that keeps you feeling and looking young, while maintaining a healthy body and mind.

The detox programme is just one of a wide

range on offer, and works on the principle of organic detoxification by deep cleansing the body and flushing out toxins with drainage treatments, accompanied by a personalised detox diet and hydro-biontology treatments such as phyto-mud therapy (a body treatment that uses pure micro-algae to eliminate physical and mental stress); hydro-aromatherapy (a treatment that offers variations in water and temperature to get rid of toxins and fats in the tissue and benefits the cardio-circulatory system); and hydro-jets (which help restore energy and tone the body through jets of water).

All this is combined with a physical exercises and massages, and is perfect for getting your lifestyle and eating habits back on track.

**Dial D for detox:** A six day treatment package is available for – €3,050 (around Dhs14,670). Visit [www.palace.it](http://www.palace.it), or call +390473271000. 





# Serbian sojourn

Belgrade is an ideal option for taking in centuries of history and discovering a new cuisine – and exploring all of this is easier than you think, as Georgina Wilson-powell discovers.

**L**ying at the crossroads of two of Europe's main rivers, the Danube and the Sava, Belgrade has seen history wage war around it for centuries. One of Europe's oldest cities, it has been inhabited since 6,000 BC. In more recent times, it has been owned by the Romans, Balkans, Slavs, Ottomans, the Austrian Hapsbergs and was rolled into Yugoslavia in 1918 until the civil war in 1999, after which it became the capital of a separate country, Serbia, in 2006. The city's bloody history has left its mark on everything from the architecture, with Islamic mosques, baroque churches, Austrian style promenades and more, slotting together across the city, to the country's cuisine.

To get a short introduction to Belgrade's fascinating past, head out on a guided walking tour that can be arranged through the tourist board (tob.rs). Old Belgrade is a walker's city, set mostly on one

side of the sprawling river bank, with its ancient fortress standing guard at the mouths of the two rivers. From the lovely park that surrounds it, you can see across to 'new Belgrade', where modern blocks of flats have crept up, and Zemun, a tiny, country-style suburb that clings to its Austrian heritage, and old fashioned family-run seafood restaurants sit along the banks of the peaceful Danube Kej. For those that want to delve deeper (literally) into the past, underground tours of the city into World War II tunnels and ancient caves, can also be arranged through the tourist board.

## EYE-OPENING EXPERIENCES

As stereotypes go, Eastern European food tends to get a bit maligned when it comes to people's perceptions – the words heavy and dour, drab or at best, hearty, come to mind usually. Thankfully Belgrade's gastronomy scene came as a more-





than-pleasant surprise, and there is most definitely a 'scene' for foodies. The capital has some captivating restaurants hidden all over the city, the most interesting of them tucked away in former houses in residential districts. Organic, fresh and local are the watchwords of most of the breakout places to eat. Restaurant Djordje (restaurantdjordje.rs) leads the way, with a menu that focuses on Serbian cheeses, local sausages, organic salads and rustic breads while you sit in a conservatory outside a former home, the bar now where the front steps would be.

Close by is Zaplet (zaplet.rs), one of the city's favourite fine dining options, all brushed concrete, kooky light fittings and a funky outside space. Both of these independents are making great efforts to take the more traditional Serbian dishes and make them lighter, more modern and refined, with great success.

But nowhere takes on the mantle of revolutionising the Serbian menu more than Little Factory of Taste (malafabrikaukusa.com). This gourmet bolthole is set in a renovated cottage in the middle of a garden in the city centre, where long pine tables sit between shelves groaning with locally made crockery, and herbs hanging up give a cosy, family home atmosphere. You'll need to block an entire evening for this place – their tasting menu is 12 courses long. Traditional kamak (sweet cream cheese) comes as a delicate dollop on a slate plate with a piece of dyed green bread like a sponge, smoked hams wrap dried fruits that melt in your mouth, salads look like art installations and meat stews are deconstructed at your table – it's an impressive feast, and you are guaranteed to end up loving Serbian food by about course five.

### SOMETHING FOR THE SWEET TOOTH

Everything Serbians love, they love in big portions, and the same goes for sweet treats. Baklava is traditional as after-dinner sweets, but unlike the delicate morsels that you find in Arabian countries, here they are weighty slabs of pastry, nuts and honey; they even have chocolate versions of this traditional sweet.

If you're after a larger taste of Belgrade's past, then the Centre for Cultural Initiatives 'Kultura' has created a 'Sweet Belgrade' tour which takes in chocolatiers, traditional baklava sellers, cafes and a slab of the locally infamous Moska Cake, a creamy meringue gateau that is only available from the rather quaint Art Deco



Moscow Hotel. The two and a half hour tour balances Belgrade's fascinating history in between your stops for sweet treats and is utterly addictive (kulttura@beotel.net).

After all that food you'll need to stretch those legs and walk off some of the folds of pastry. Luckily Belgrade is a city that stays open late. The city has a nightlife spirit similar to Beirut – it likes to party, and boats (called 'spivs') are tied up all along the two rivers to offer late night clubs for just about every musical taste. For those who are looking for a quieter drink to let the food settle, Sava Dock is a new riverside development that's worth checking out. Here you'll find former old warehouses converted into a range of bars and restaurants offering cocktails, wines and live music, including my favourite, Cantina de Frida (Karadjordjeva 2-4), which offers Spanish and South American-inspired food and drink, in a nod to Frida Kahlo. ☞



## TRAVEL DIARY

### WHERE TO STAY

Hotel Zira is a modern four star hotel, around 15 minutes walk from the city centre. It has free Wi-fi, and unusually, free international calls for guests. Room rates start from around €175 (around Dhs839), visit zirahotels.com.

### HOW TO GET THERE

Belgrade is only a five-hour flight away, and FlyDubai offers four flights a week. Ticket prices start from around Dhs2,200. Visit Flydubai.com to book.



# Seasonal celebrations

Dubai residents flocked to the Media City amphitheatre last month to get a taste of the city's first Christmas Festival. Photographs ANAS CHERUR

Christmas came early for Dubai last month, as the first Dubai Christmas Festival opened its doors from December 6-8. Local culinary experts such as Suzanne Husseini, Saba Wahid and restaurant chefs like Nick Alvis and Scott Price from Table 9 held interactive workshops at the two cookery theatres, which guests enjoyed thoroughly. Meanwhile, visitors sampled dishes from restaurants as varied as Vietnamese Hanoi and Japanese Sumo, to Nandos and London Fish & Chips, while soaking up the atmosphere on the lush lawns, as popular band The Boxtones entertained with festive tunes. The event was the perfect opportunity to get festive shopping out of the way, with the lively Christmas market, where you could pick up anything from foodie goodies to fashion gear and home accessories. The table-top market had independent local artisans selling everything from jewellery and candles, to kids' toys, making it the perfect destination for stocking filler shopping. We were there too, giving away a fabulous subscription offer of a blender free with everyone who signed up for a year's subscription at the festival. Check out some snapshots of the event.

## WATCHING CELEB CHEFS IN ACTION

Visitors picked up tips and tricks from the chefs at the various live cooking demos



“I attended Saba Wahid's cooking demonstration which was very nice. I like this time of the year and tried out mince pies and sweets from the food stands.” - Mira Swedian.



## EATING, DRINKING AND BEING MERRY

Perfect alfresco weather, live entertainment, tasty bites and lots of play options for kids made for a winning combination



“ This big open space is great for kids, as they can run around and enjoy activities as well. My son has already visited Santa's Grotto and been to the bouncy castle.” - Hasna Taha



“ The event is something different for Dubai, which is why it's fun. While I miss the snow, I enjoy being outdoors and listening to Christmas carols being played by the live band.” - Saiorse Maine.



## SHOPPING UP A STORM

From tempting Christmas home décor, to handmade artefacts, there was something for everyone

“ It's a great festival! It has a nice festive vibe. I like all the little shopping stalls, I've even picked up a few things and tried out a few different chutneys and oils at the specialty stores.” - Leanne Jones.





# Luxe evenings with BBC Good Food ME and Emirates NBD

A select group of privileged Emirates NBD clients were treated to an intimate dining event hosted by *BBC Good Food Middle East* at Gaucho last month. Photographs ANAS CHERUR



**The place:** Gaucho restaurant, DIFC.

A stylish Latin-American restaurant from London that has been getting rave reviews since its opening in Dubai in 2011. With glitzy black and white interiors, and a sophisticated vibe, it specialises in Argentinian steak and fine wines.

**The people:** An exclusive group of Emirates NBD clients who were being thanked for their custom by the bank.

**The programme:** Guests mingled over glasses of bubbly as they arrived, at an informal reception, before being ushered into the private dining area for a sit-down three course meal. The evening started with chef Jamie Robertson showing everyone how to make their own ceviche (a Latin American seafood dish in which the fish is cooked only by its lemony marinade), which they then recreated at their seats with the ingredients and glove provided.

After the first course, chef Jamie went on to share some tips on choosing and cutting beef, showcasing the different cuts of steak they use in the restaurant. For example, he told the guests that all Argentinian beef comes from

grass-fed cattle (as opposed to grain-fed), which makes the meat leaner, and gives it a greater complexity of flavours. At Gaucho, the beef served comes from the La Pampas region, where cattle exercise more and feed on up to 17 types of grass! Chef Jamie also talked through the three popular cuts that are served at the restaurant: the Lomo (Fillet Steak) which has a fat Content of 4 per cent; the Chorizo (Sirloin Steak) with a fat Content of 6-8 per cent; and the Ancho (Rib eye Steak) which has the highest marbling with a 12-14 per cent fat content.

After that mini masterclass, diners proceeded to enjoy the three different cuts of steak, accompanied by the traditional chimichurri sauce, and sides including potato chips and vegetables, as well as a delicious steamed corn dish. The evening ended with a tasty trio of desserts featuring a scrumptious dulce de leche cheesecake. There was also a raffle draw at the end with lucky guests receiving dining vouchers and a Kenwood kitchen gadget.

**Did you know?**  
Beef provides many essential nutrients such as iron, zinc, vitamins B-12, thiamine, and niacin.



Chef Jamie offered an education in steaks



Showing how easy it is to make your own ceviche



The chef got interactive with guests





Everyone got their hands 'dirty' making their own ceviche



Sampling the steaks



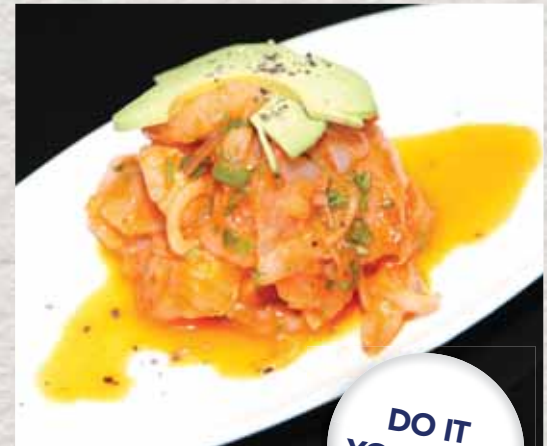
Guests enjoyed the D-I-Y approach



Chef Jamie and sommelier Marina with the lucky winner of the Kenwood raffle draw prize



One lucky winner also walked away with dining vouchers from Gaucho



DO IT  
YOURSELF

### Ecuadorian ceviche

80g tiger prawns

10g red onion

50ml sauce

Half a lime

1/6th lemon

5g coriander

FOR THE SAUCE

5g garlic

250g white Onion

250g Red bell Pepper

50g Red jalapino

100g red Romero Pepper

250g plum tomato

2 lemons

3 limes

2 oranges

25ml Pomace oil

150ml Ketchup

Tabasco sauce, to taste.

**1** To make the sauce, place all the vegetables on a roasting tray, and roast in their skins at 180C until soft and the skin starts to blister. Remove from the oven and place in a mixing bowl, cover with clingfilm and keep aside so the cooking process continues with the heat from vegetables.

**2** Once cooled, remove the skin and seeds, and blend together with the juice from the oranges, lemon and lime, adding the ketchup and oil whilst blending. Once it reaches a smooth consistency, season with salt. (If you want it spicier, add tabasco to taste).

**3** Bring a pan of water to the boil, and place the prawns in the water for 10 seconds then put them straight into ice water. Slice in half, place in a mixing bowl with finely sliced red onions and chopped coriander. Squeeze over the lemon and lime, leave for 30 seconds. Add the sauce and combine well. Serve with some fresh avocado, if you like.



# An Arabian night!

At last month's Food Club event held at Hacker kitchen showroom, Mahmoud Bayoumi, Arabic sous chef at The Address Downtown Dubai, demonstrated three simple and light Arabic dishes in an interactive masterclass. Apart from getting an insight into the cuisine, members also sampled taster portions of the delicious three course menu, and some lucky guests walked away with fabulous prizes, ranging from dining vouchers to Kenwood blenders. Take a look at the recipes from the masterclass, so you can recreate them at home. Photographs ANAS CHERUR



Chef Mahmoud Bayoumi made it all look very simple!





## Kibbeh bill sania

SERVES 4

### FOR THE FILLING

200g lamb or minced beef

1 large brown onions, finely chopped

¼ tsp baharat (seven spice mix)

¼ tsp cinnamon

¼ tsp salt

¼ tsp black pepper, finely ground

1 tbsp pine nuts

2 tbsp olive oil

½ tbsp butter

### FOR THE KIBBEH

½ cup fine cracked wheat (bulgur)

200 g fat free minced beef (or lamb),  
minced twice

½ tsp salt

½ tsp cracked pepper

¼ tsp baharat spice mix

1 small brown onions, grated

1 tbsp olive oil

### FOR THE YOGHURT SALAD

1 cucumbers, peeled, seeded and sliced

½ garlic, chopped

½ cup yoghurt

½ tbsp. dry mint

Salt

Fresh ground black pepper

**1** Soak the bulgur in a large mixing bowl with 1 cup of water and keep overnight. Drain well the next morning and add salt, pepper, baharat, grated onions, and minced meat. Mix well using your hands, until it turns into a paste. (You may need a little water to keep the mixture soft). Cover the meat and let it rest for 30 mins.

**2** Heat the oil a large frying pan over a low heat, and sauté the onions. Add the minced

meat, spices and seasoning, stirring constantly.

**3** In a small pan, melt the butter and add pine nuts to roast. When they start to brown, add to the meat mixture and cook for 5-6mins. Set aside to cool for 10mins.

**4** Make small balls of the kibbeh mixture and flatten in the palms of your hand. Place a little bit of the filling in the middle and close the parcel by securing edges. Place the kibbeh on a grill to get the char lines, and then cook in an oven at 180C for 10 mins. You can also deep-fry the kibbeh.

**5** To make the yoghurt salad, combine all the ingredients in a bowl and mix thoroughly. Adjust seasoning with salt and pepper and serve with the kibbeh.

100g mushrooms

½ onion, chopped

1 tbsp olive oil

1 fennel slice

¼ cup coriander, parsley  
and mint leaves

### FOR THE SAUCE

1 tbsp butter

1 tbsp flour

¼ cup water

1 juice of one lemon

2 tbsp coriander, chopped

Salt and white pepper

**1** To make the sharmoula, mix all the spices together and rub onto the hammour. Refrigerate for one hour.

**2** Place the fish on a baking tray and cook in the oven at 180C for 12 mins. Set aside.

**3** To make the sauce, melt the butter on low heat and add the flour. Mix for 4 mins. Add the water and mix until it becomes a smooth paste. Add lemon juice and coriander, and mix well. Season with salt and pepper.

**4** Sauté the mushrooms and onions together until tender.

**5** Mix together the fennel, coriander and onions.

**6** To serve, place the fish on a plate and add the lemon and coriander sauce, mushrooms on the side and the fennel salad on top.

## Fish Sharmoula

SERVES 4

2 cloves garlic, finely chopped

Pinch saffron threads

½ tsp ground coriander

¼ cup fresh coriander, finely chopped

¼ tsp ground cumin

3 tbsp extra-virgin olive oil

¼ tsp lemon zest, finely grated

½ juice of one lemon

½ fresh ground red chili

400g hammour fillet

Salt and white pepper





## DESSERT

**Katayef Bill Ashta**

SERVES 4

**FOR THE SUGAR SYRUP**

- ½ cups sugar
- ¼ cups water
- 1 tsp orange blossom water
- 1 tsp rose water
- 1 tsp lemon juice

**FOR THE BATTER**

- ½ cups of flour
- 1 cups of warm water
- ¼ tsp dried yeast, dissolved in 2

of warm water

¼ tsp baking powder

½ tsp sugar

1 tbsp rose water

**FOR THE ASHTA CREAM**

½ cups milk

1 cups whipping cream

1 tbsp cornstarch, dissolved in 2  
tablespoon water**FOR GARNISH**

100ml chocolate sauce

10g icing sugar

1 tbsp ground pistachios

**1** To make the sugar syrup, put the sugar and water in a small saucepan and place over medium heat. Stir until the sugar dissolves. Leave to boil then add lemon juice and keep on medium heat for 10 mins until the syrup thickens. Add the orange blossom water and rose water. Remove from heat and transfer to a large bowl.

**2** To prepare the batter, mix all the ingredients together. Leave to rest for 3 hrs at room temperature or overnight in the refrigerator.

**3** To prepare the ashta cream, combine the milk and whipping cream in a saucepan, on medium heat. Once the milk starts heating, add the water-dissolved cornstarch. Continue stirring until the mixture thickens. Then pour in a bowl and set aside to cool. Then, cover with a plastic wrap and refrigerate to thicken.

**4** To prepare the atayef pancakes, pour 1 large serving spoon of batter on a slightly greased pan - you should have an 8 cm diameter pancake. The pancakes are ready to be removed when the bubbles burst and the bottom of the pancake is slightly brown, cook on one side only. The pancakes should be firm enough to be filled. Repeat with the rest of the batter.

**5** Fill each pancake with 1 to 2 tablespoons of ashta cream and then fold over to make a small roll. Garnish with ground pistachios, icing sugar and a drizzle of chocolate syrup on top. Add sugar syrup to taste and serve. **GF**

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The Häcker Kitchen showroom is located in Al Barsha, Dubai.


Visit [www.hacker.ae](http://www.hacker.ae) for more information and to view the location map.





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**What is the name of the spa at Kempinski Hotel Mall of the Emirates?**

\*Terms & conditions apply. Employees of Corporate Publishing International are not eligible to enter. Winners will be selected on random basis from correct entries. Flights are not included in this prize.



# Have you joined our **BBC GoodFood** MIDDLE EAST Food Club?

Sign up to the *BBC Good Food ME* Food Club and you can enjoy special privileges including:

- **Exclusive invitations to culinary masterclasses led by top chefs in the UAE**
- **Access to exciting competitions**
- **Weekly email newsletters packed with food news, views and recipes**
- **A loyalty card which gives you fantastic discounts**

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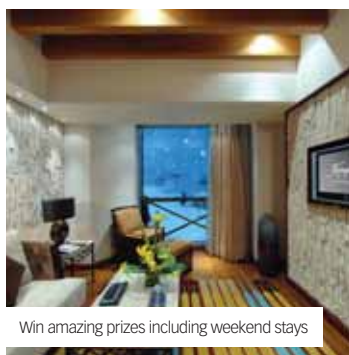
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## What they said

Feedback from our Food Club members:

👏 Huge compliments to the team for a stunning Masterclass event. They are presented so professionally and are a fantastic showcase for the chefs and their restaurants. 🌟 – Paul Conroy

👏 Thank you for the invitation to the Masterclass. We really enjoyed ourselves and look forward to replicating the menu when we next have friends over. 🌟 – Liz Sandford

👏 Just wanted to say thanks very much for another wonderful, educational and tasty evening. My husband and I are very grateful to be able to attend these events. 🌟 – Annette Duke

Present your Food Club membership card at these outlets to receive a **fabulous discount!**



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**MELIA DUBAI**

This Bur Dubai hotel is known for its popular restaurants Titanic by Marco Pierre White, and Signature by Sanjeev Kapoor.

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**RITZ CARLTON DIFC**

The glamorous hotel in the heart of the city has three fine-dining outlets: Center Cut, Can Can Brasseire and Blue Rain.

Discount: 20% off food at all outlets.  
[www.ritzcarlton.com](http://www.ritzcarlton.com)



**MEDIA ONE HOTEL**

This modern hotel in Dubai Media City offers contemporary dining outlets including Café M, Z:One and The Deck on 8.

Discount: 20% off F&B at all outlets  
[www.mediaonehotel.com](http://www.mediaonehotel.com)



**MOVENPICK BUR DUBAI**

Located in central Dubai, the hotel's outlets include authentic North Indian restaurant Chutneys, and Fountain.

Discount: 20% off food only  
[www.moevenpick-hotels.com](http://www.moevenpick-hotels.com)



**AL RAHA BEACH HOTEL**

Set on the corniche, the hotel's outlets are Sevilla, Azur, Café Mozart, Black Pearl Bazar, Enigma, Wanasah and Al Manzil.

Discount: 25% off F&B at all outlets  
[www.danathotels.com](http://www.danathotels.com)



**LE ROYAL MERIDIEN ABU DHABI**

This luxurious five-star hotel has gourmet restaurants including Amalfii, Al Fanar, and L'Opera.

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[www.leroyalmeridienabudhabi.com](http://www.leroyalmeridienabudhabi.com)



**KITSCH CUPCAKES**

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**DANAT AL AIN RESORT**

The resort's restaurants include Arabesque, Luce, Tanjore, The Wok, and Shooters.

Discount: 25% off F&B at all outlets  
[www.danathotels.com](http://www.danathotels.com)



**DANAT JEBEL DHANNA RESORT**

The beach resort's outlets include Tides, Zaitoun, C View café and Latitude bar.

Discount: 25% off F&B at all outlets  
[www.danathotels.com/JebelDhanna](http://www.danathotels.com/JebelDhanna)



**SANDS HOTEL**

This Abu Dhabi hotel's restaurants include LaPiazza, Harvesters Pub, Chequers, Tipar Bar and Cappuccino Royal Café.

Discount: 25% off F&B at all outlets  
[www.danathotels.com](http://www.danathotels.com)



**TILAL LIWA HOTEL**

Located amidst secluded dunes off the Rub Al Khali desert, the hotel's restaurants are Al Badiya, Layali Bar, and Al Liwan.

Discount: 25% off F&B outlets  
[www.danathotels.com](http://www.danathotels.com)

\*Terms & conditions apply.



# Competitions

Fabulous prizes, from dining vouchers to event passes, up for grabs.



## WIN! DINNER FOR TWO WITH CELEBRITY CHEF RACHEL ALLEN, AT GOURMET ABU DHABI 2013, WORTH DHS1,500.

One lucky winner, along with a guest, can attend this lavish celebrity dinner hosted by Irish celebrity chef, television personality and cookbook author Rachel Allen, as part of the **Gourmet Abu Dhabi's** festivities. The dinner takes place on February 10 at the beachfront of Fairmont Bab Al Bahr hotel.

## WIN! DINING VOUCHERS FROM RAMADA PLAZA JUMEIRAH BEACH RESIDENCE, WORTH OVER DHS800.

One lucky winner and a guest can indulge in an all-you-can-eat Brazilian barbecue lunch or dinner at **Fogueira** and take in the stunning views of the Dubai Marina, from the restaurant located on the 35th floor. Another winner can check out the **Speakeasy bar and restaurant**, and relax and unwind at the lounge-style venue by trying out a pint of beer from an extensive selection, and main courses such as burgers and grills.



## WIN! DINING VOUCHER AT ASADO, THE PALACE DOWNTOWN, WORTH OVER DHS800.

One lucky winner can take a friend along, and try out the traditional Argentinian food and drink offerings – think a selection of meats, prepared **Asado** Criollo-style on an open Parrilla grill placed in the centre of the restaurant, and Argentinian beers.



## WIN! BRUNCH FOR TWO AT MEDIA ROTANA, WORTH OVER DHS500.

One lucky winner will get a chance to take a partner along and enjoy alfresco dining at **The Terrace brunch**. Spend your Friday lazing around, enjoying the sunshine and indulging in an extravagant buffet, as you listen to tunes played by DJ Cheriana.

## WIN! BRUNCH FOR TWO AT PARK HYATT DUBAI, WORTH OVER DHS500.

Relax on the terrace and enjoy the cool winter breeze, as you and your partner indulge in grills from the barbecue, salads, cheese and cold cuts, paired with frosty beers and crisp rose wine. There's no better way to spend a Saturday!



## WIN! BRUNCH FOR TWO AT MAZINA, THE ADDRESS DUBAI MARINA, WORTH OVER DHS400.

Treat yourself to the widespread buffet at the **Generation creation Saturday family brunch**, and learn a new skill by learning to put together a floral bouquet from the professionals – as part of their fun activity for the afternoon. There are prizes up for grabs as well!

## WIN! GIFT HAMPERS FROM ORGANIC FOODS AND CAFE, WORTH DHS500.

Two lucky winners can give their diet a health makeover with a foodie hamper from **Organic Foods and Cafe**, worth Dhs250 each. Each hamper is made up of nutritional goodies like goji berries, coconut oil, cocoa nibs, manuka UMF 15+ honey, Vivani milk chocolate, and fruit and nut mix snacks.



To stand a chance to win these prizes, visit our competitions page on [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com), or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.



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Baking goddess and former interior designer **GINA PINSTONE** has been a Dubai resident for the last five and a half years, having moved here for her profession, and met her husband Jad here as well. The 31-year old comes from Las Vegas and is the founder of the Pastry School Diaries blog. She now spends most of her time baking, writing on parenting for Mother, Baby, & Child magazine, and spending time with her 18-month old son Mateo in her home in Palm Jumeirah.

# Meet the blogger

Helping you connect to the UAE's foodie community, one blog post at a time.

## \* About the blog

A few weeks before finding out I was pregnant, I decided I would quit design and move to Paris and study to become a pastry chef. Baking has been a part of my life ever since I was 12; it's my past-time, passion, and 'happy place'. Though being pregnant put a hold to my career, it didn't alter my longing to become a better baker. The blog was a way of pushing myself to practice techniques and hone my baking skills. I test recipes that have intimidated me in the past – particularly pies and tarts, as pastry dough is a tricky science – and post step-by-step photos of recipes with explanations. I also share my mistakes so others can learn from it. I keep the blog light and fun because, let's face it, there are a million and one baking blogs – we might as well have a laugh or two along the way!

## Top baking tips

\* I sift all dry ingredients – everything from cocoa, powdered sugar, baking soda and powder, to spices. It is a tedious step but when you see the clumps in the bottom of your sieve you'll understand why it's so important. You are ensuring a thorough mixture by making sure there are no lumps in your dishes.



\* If you wonder why your cake is dry or your cookies too brown on the bottom, you can bet your oven is not properly calibrated. Get yourself an oven thermometer that hangs on the wire rack and you'll never have to

guess if your temperature is accurate again.

\* When a recipe calls for ingredients at room temperature, this doesn't mean 'Dubai room temperature!' Refer to this rule of thumb – give your butter a squeeze, you should be able to leave an imprint with your thumb, but shouldn't be so soft that it squeezes out. This is the perfect temperature for baking.

## Culinary icons

It might sound horribly clichéd and American, but it's Martha Stewart. I love her simplicity and the fact that almost all of her recipes are do-able. I always find myself on her website watching how-to videos, as she puts me at ease and can make anything look easy.

## Every Sunday morning...

...I sit down with my laptop and a cup of coffee, and dive into Pinterest and other people's food blogs. I love the photography, and seeing what inspires others, as well as fusing recipes – take a cake recipe from here, a frosting from there, and then add a twist of my own.

## My favourite cookbook

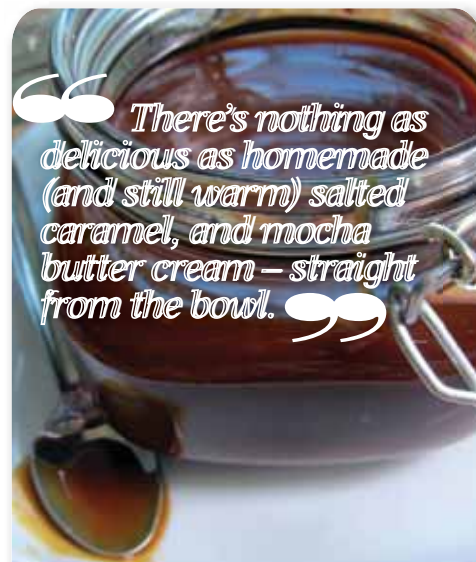
is from a bakery in Brooklyn, New York, called **Baked** (Stewart, Tabori & Chang). **Baked** is obsessed with classic American baking with a retro twist and their desserts make you feel like a kid again. I use these cookbooks as my go-to for weekend breakfast ideas and special occasion cakes and pies. I recently did the chocolate whiskey tart – safe to say, I have never tasted chocolate elevated to this kind of level.

## NEW YEAR RESOLUTION

I'd love to attempt baking bread from scratch and possibly trying homemade croissants – something I've always steered clear of.

A foodie personality I would love to dine with

**Ina Garten, the host of Food Network's Barefoot Contessa. Ina defines what it means to be the ultimate hostess. I would make her one of her specialties – Mac n' Cheese (it has six cups of cheese!) and French apple tart – the first pastry I ever successfully made.**



*There's nothing as delicious as homemade (and still warm) salted caramel, and mocha butter cream – straight from the bowl.*





# homesrus

*Simply Homemaking*

**DUBAI** Ibn Battuta Mall, India Court Tel 04 4469820, Arabian Center, Mirdif Tel 04 2845736, Mazaya Centre Tel 04 3213444 & Union Coop-Hamriya Shopping Centre, Abu Hail Road Tel 04 2698030 **ABU DHABI** Madinat Zayed Gold Centre Tel 02 6312020 **SHARJAH** Al Qasimia St. Tel 06 5671678 **AL AIN** Near Jebel R/A, Abu Dhabi-Al Ain Road Tel 03 7559770 & Bawadi Mall Tel 03 7840494 **FUJAIRAH** Mohammad Bin Mattar Road, Near K M Trdg. Tel 09 2242893 **RAS AL KHAIMAH RAK Mall** Tel 07 2339695 [www.homesrus.ae](http://www.homesrus.ae) | [facebook.com/homesrusgroup](https://www.facebook.com/homesrusgroup)





## Family & Bubbly Brunch at Focaccia

Experience a superb Friday Brunch at Focaccia restaurant located at Hyatt Regency Dubai & Galleria. Indulge in a sumptuous international buffet with live cooking stations. This brunch is ideal for families with children, as kids under the age of 12\* eat absolutely free of charge and enjoy a dedicated entertainment area!

AED399 per person, including free-flowing champagne

AED249 per person, including house beverages

AED199 per person, including a selection of soft drinks

Time: 12:30pm to 4:00pm

***Get a 15% discount by mentioning HRD-GoodFood upon reservation***

For reservations, please call +971 4 317 2222



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HYATT REGENCY DUBAI & GALLERIA  
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[dubai.regency.hyatt.com](http://dubai.regency.hyatt.com)

*\*Maximum two kids per couple*

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